

High Performance Morning Ritual

Kick-off to a high performance day:

- Upon waking, before getting up, do the 4-7-8 breathing technique. This is a very simple breathing exercise that will yield many health benefits. It takes about 30-45 seconds to complete.
 1. Breath out all your air through your mouth.
 2. Then slowly breath in through your nose for a count of 4.
 3. Hold the breath for a count of 7.
 4. Slowly breath out for a count of 8.
 5. Repeat 4-8 times. Never exceed 8 times.
 - **Do This at bedtime. It will place the mind & body in the “relaxation response”.**

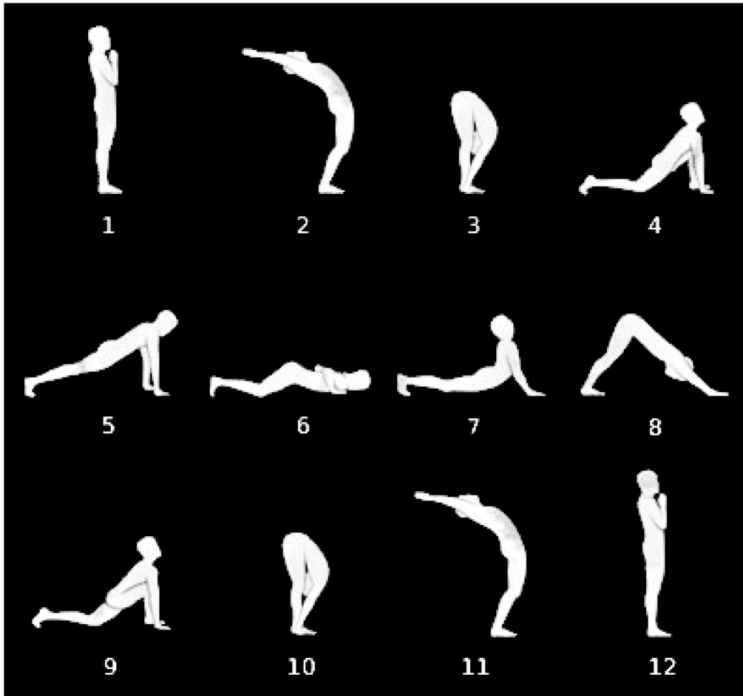
This is a link to a 3-minute video of how to do this exercise delivered by Andrew Weil M.D.

<https://www.youtube.com/watch?v=gz4G31LGyog> (cut & paste into browser)

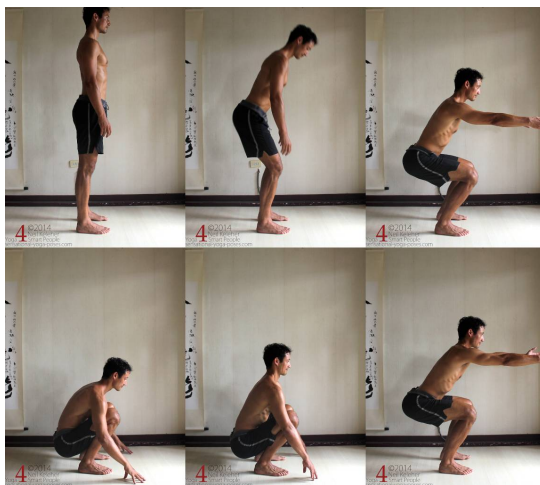
Scientifically proven benefits include:

- The activation of the Relaxation Response-the exact opposite of stress.
- The activation of the bodies desire to use FAT rather than sugar as the predominant source of energy. This is scientifically proven to improve lean body mass and overall energy.
- Increase brain function & clearer thought.
- Improve mindset & attitude.
- Improve recovery from physical & mental stress.
- Improve hormone function-leads to better health.
- Many other observed health benefits.
- At this time you can add any other morning rituals you enjoy: reading, journaling, an additional meditation etc.
- Get out of bed. Drink 8 ounces of water. You can also add one tablespoon of apple cider vinegar to your water to feed good intestinal bacteria and boost immune function.
 - A great way to “wake-up” your metabolism & bowels.
 - A great way to make sure you are hydrated to begin the activity of the day.
 - Helps alleviate false hunger signals.
- Do a short “mobility routine” to wake up the muscles, joints and nervous system. The following is a great example. You can substitute your existing yoga or any other mobility routine that you enjoy.

Complete the series of exercises as shown 2 times on each side.
(side, meaning the leg brought forward)



Practice holding a deep-squat position 3-5 times. Slowly work towards being able to hold the full squat position comfortably (if you can hold for 60 seconds you have great strength & flexibility). This helps protect against back pain and many other musculoskeletal issues. Modify as needed for injury or pain. The illustrations below show several different body positions-use support to hold the position as you develop range of motion & strength.



Full Squat