



# Optimising Energy

Tapping into the body's innate ability to rejuvenate itself using mindfulness, sleep and posture.







# TrYumph in Life CIC

Sports &  
Fitness

Holiday  
Camps

Well-being  
seminars



[www.tryumphinlife.com](http://www.tryumphinlife.com)

# WhY

mindfulness, sleep and good posture are beneficial

# What

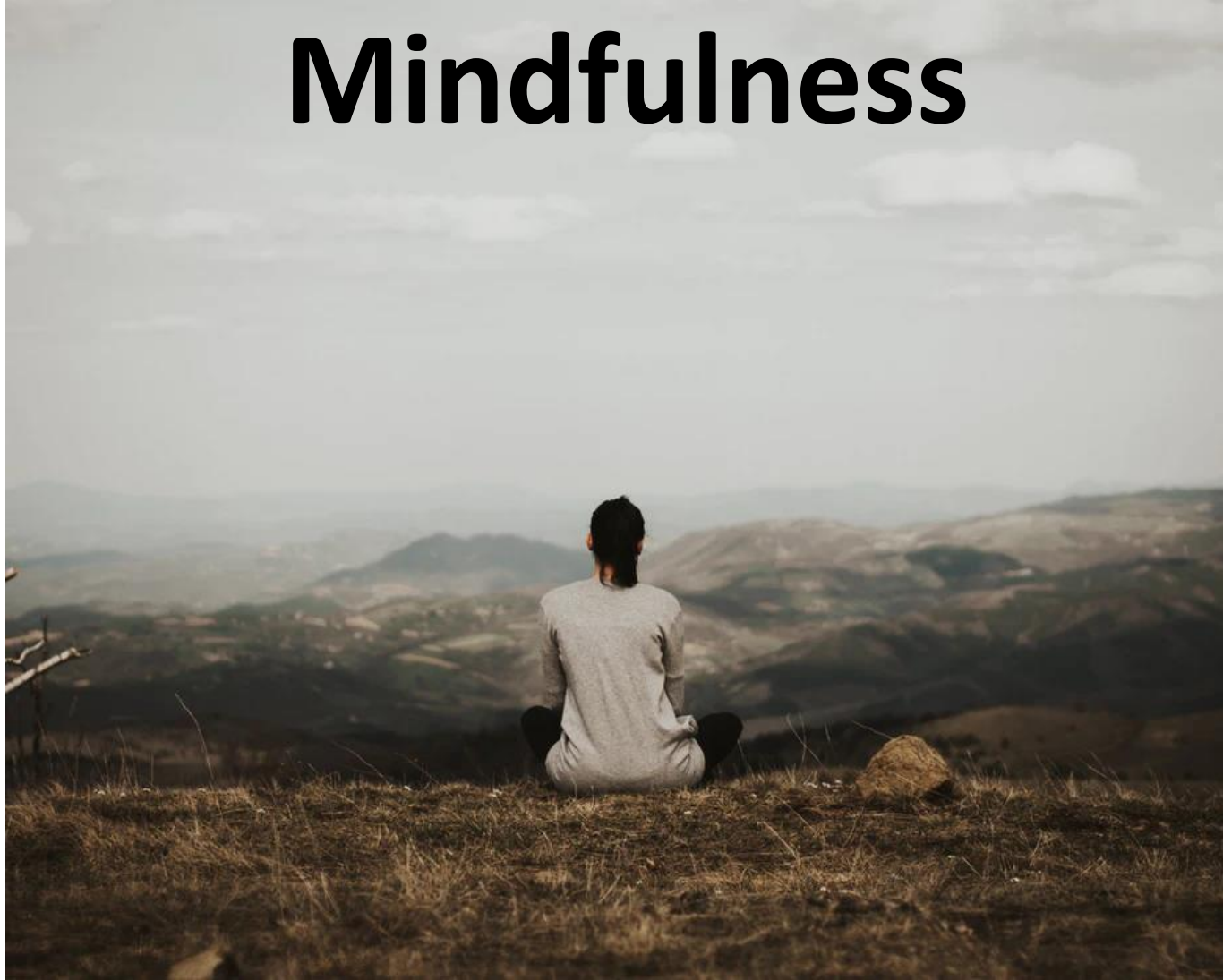
is good practice

# How

to achieve benefits



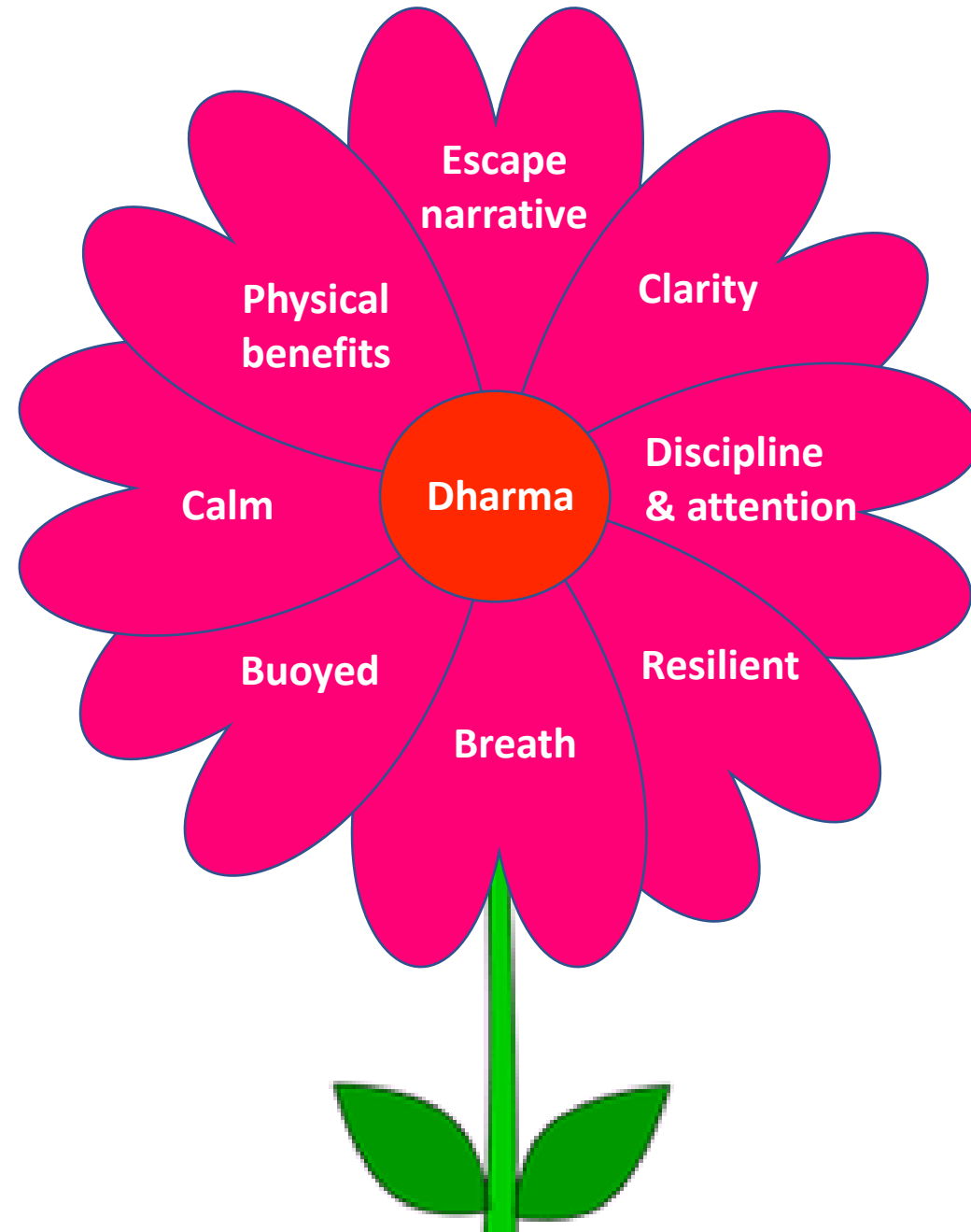
# Mindfulness



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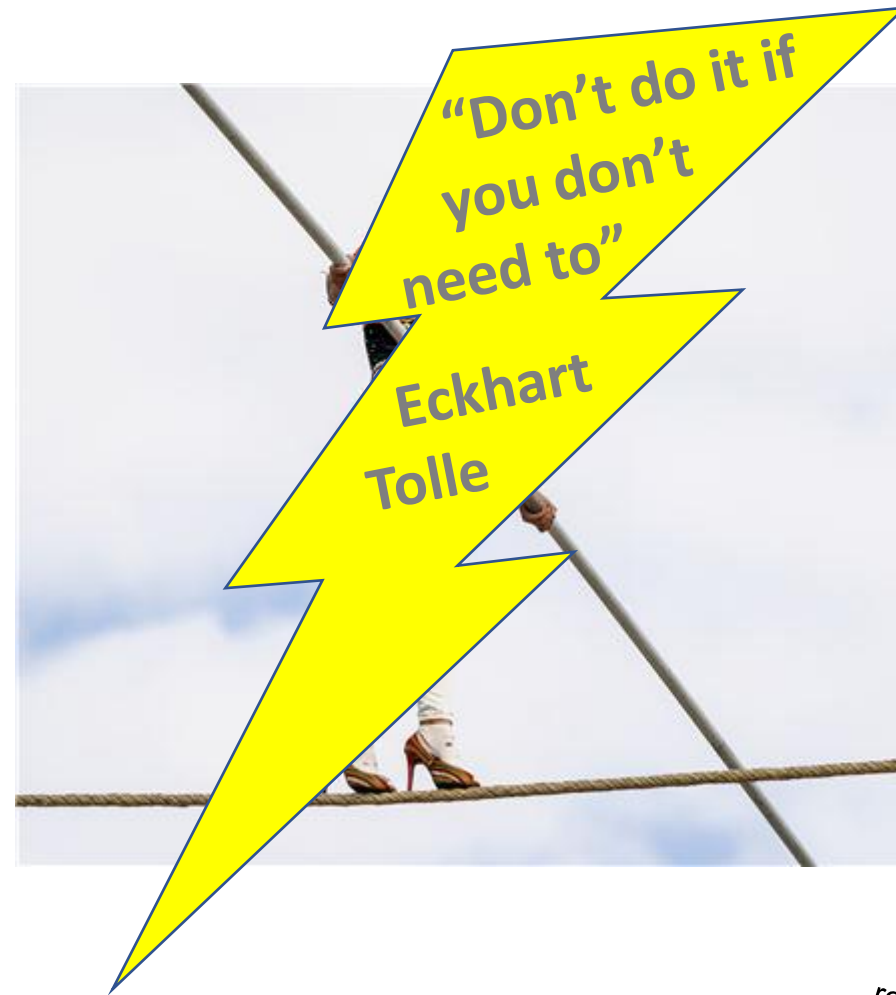
whY



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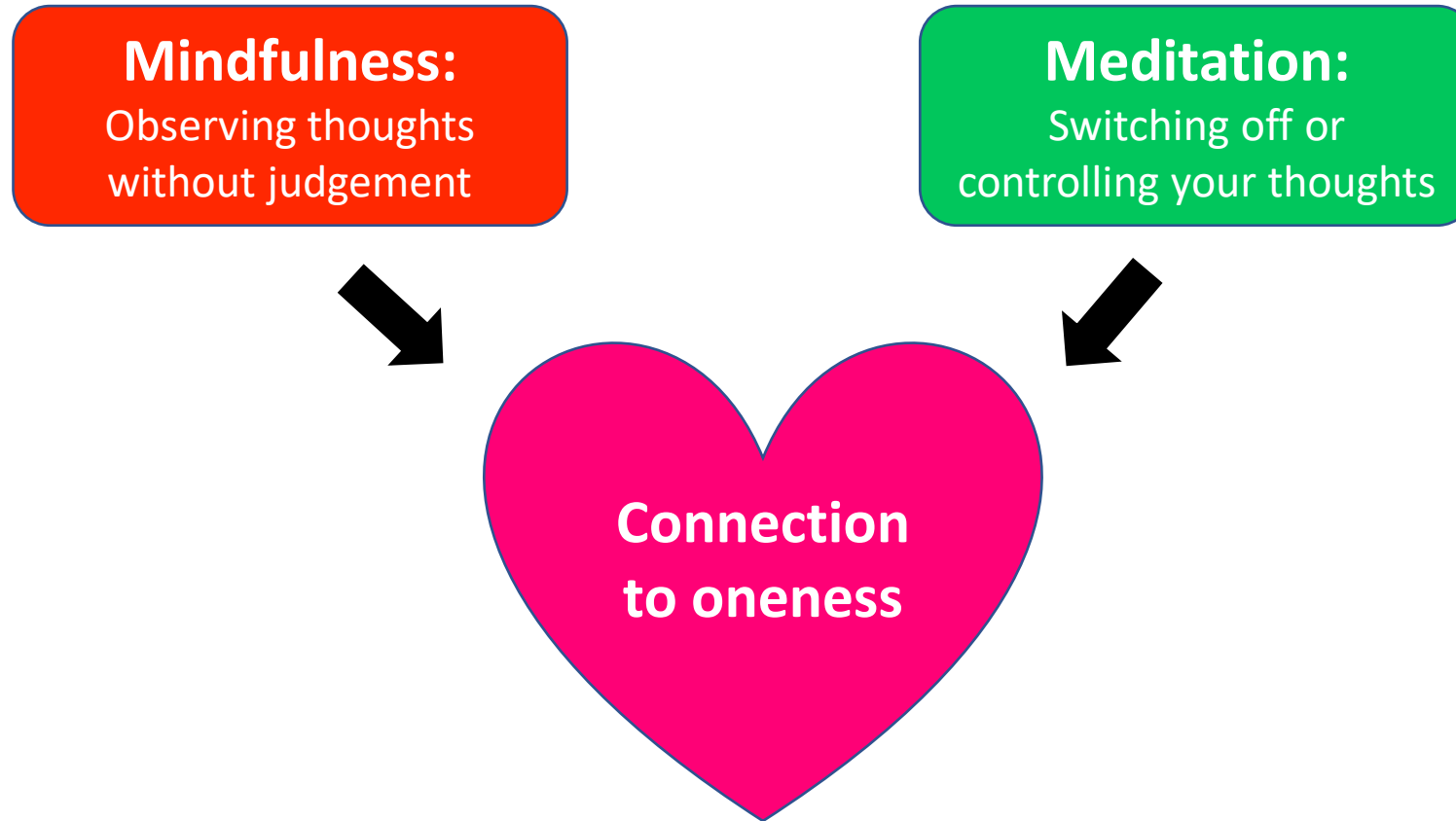
whY not



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what



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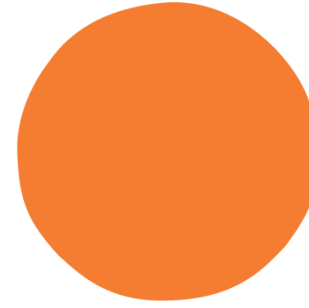




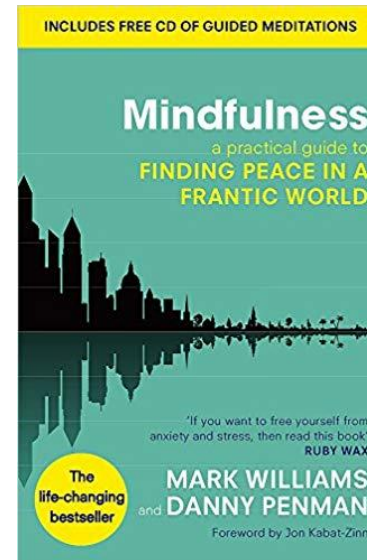
# What

First Aid:  
2min 'breathers'

Brain surgery:  
20min sessions for 2months  
can change wiring in brain



HEADSPACE®



Guided Meditation for Anxiety: Quiet the Busy Mind  
124,843 views



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# How



reason  
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*“This world does not need medication; it needs meditation”*

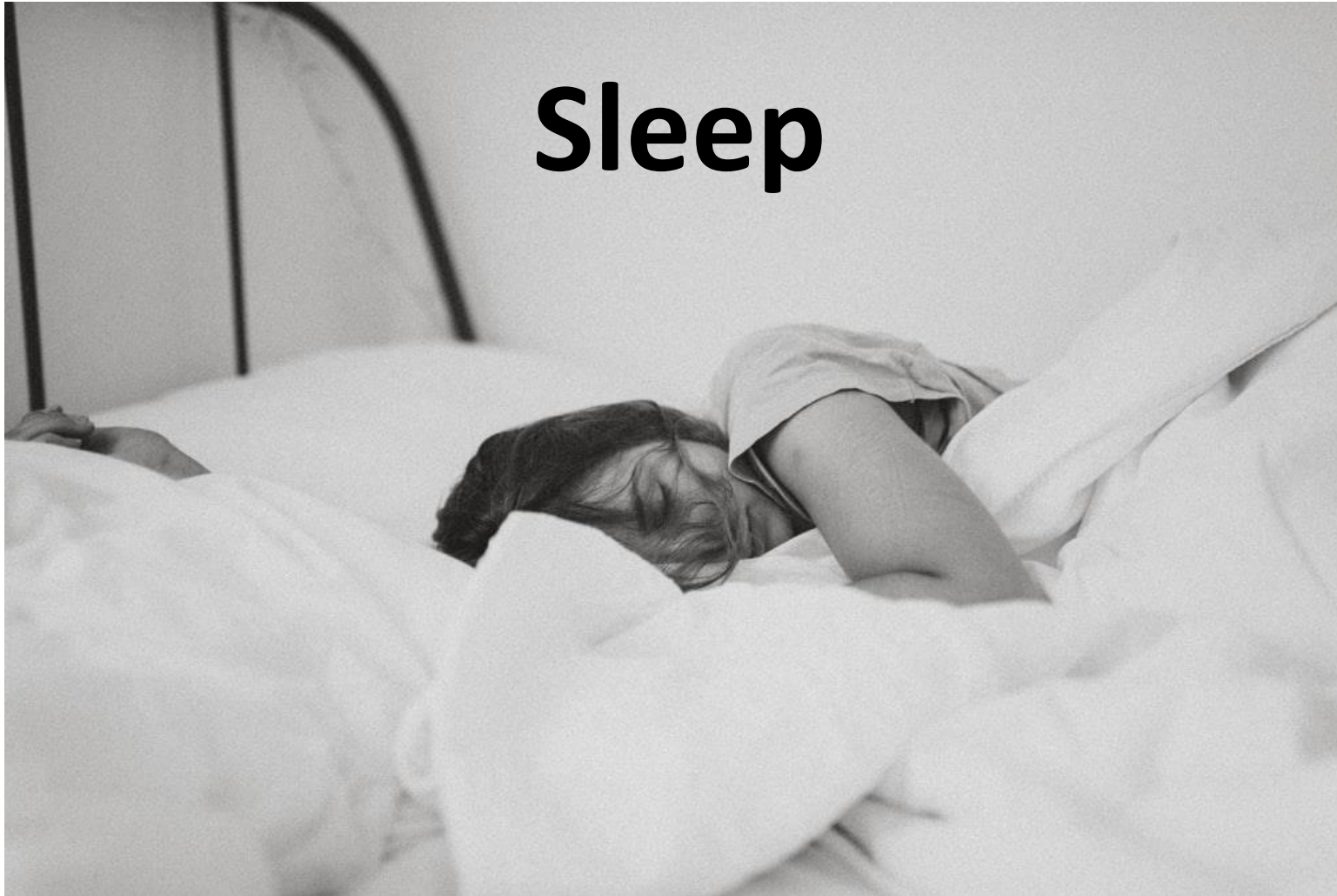
*“All of humanity's problems stem from man's inability to sit quietly in a room alone.”*

*~ Blaise Pascal*

*“The ancient art of slowing things down so we can see clearly. The power of ritual and routine. The strengthening of the soul against temptations. Stillness is the key, I argue, to being better at anything you do.”*

*~ Ryan Holiday*

# Sleep

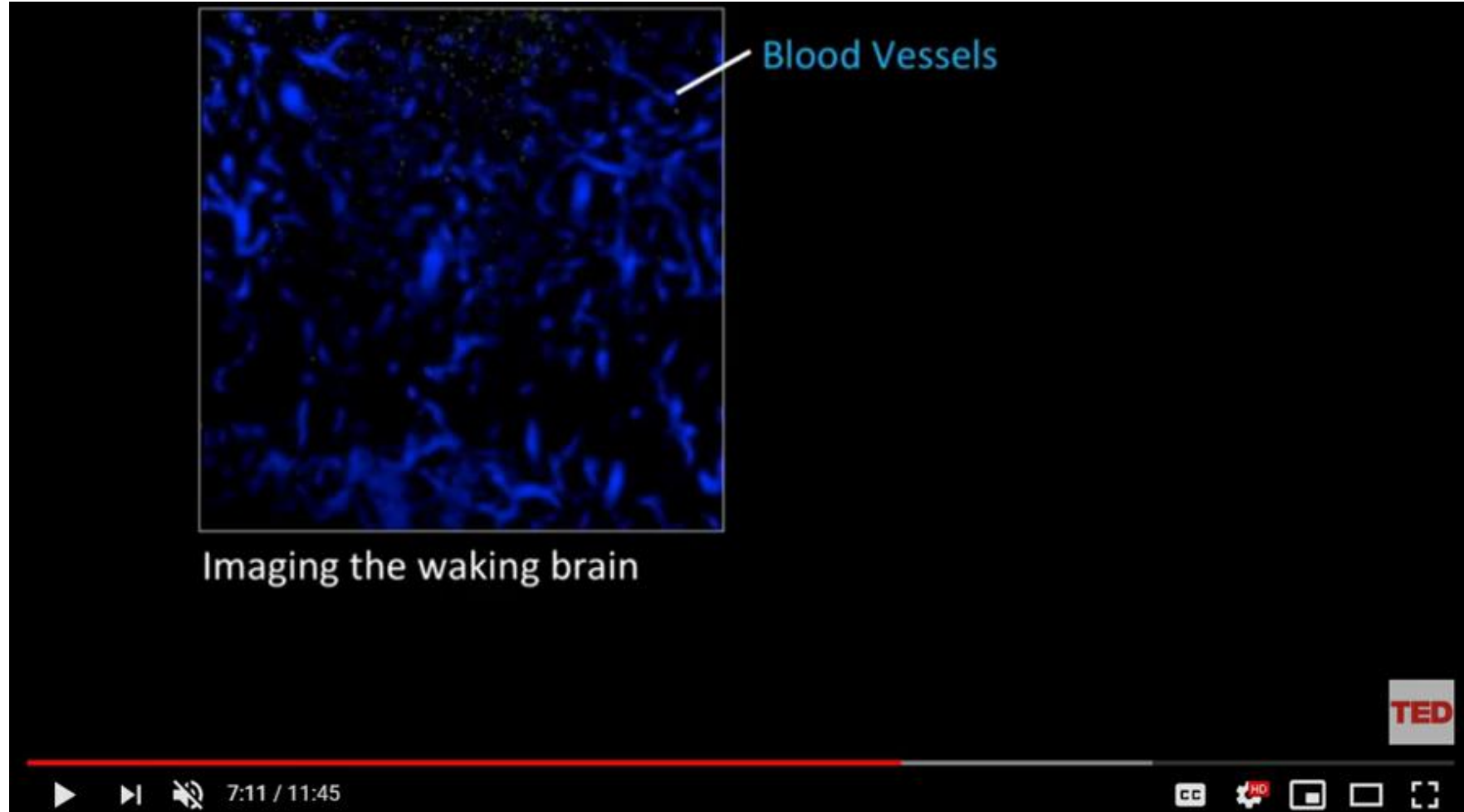


Tryumph...with a <sup>reason</sup> Y<sub>^</sub>



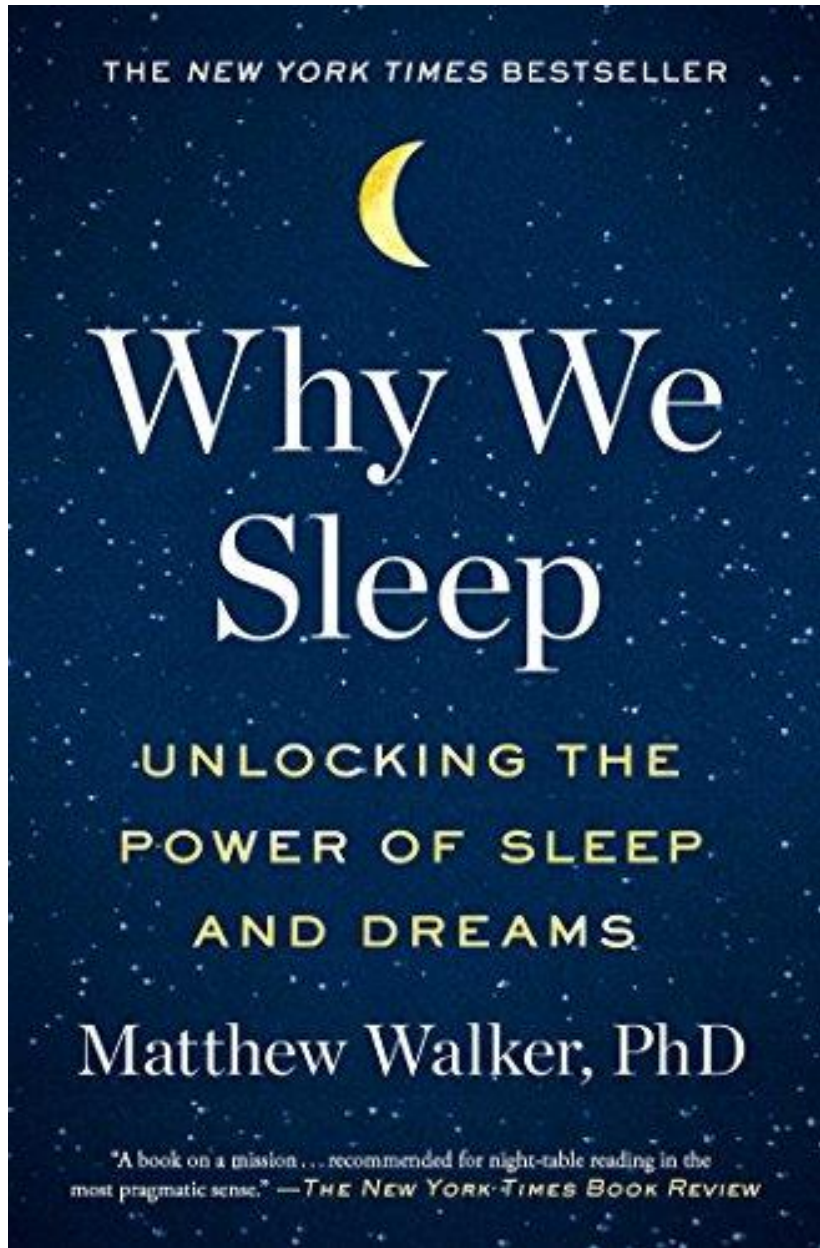


# Why



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“I was once fond of saying, “Sleep is the third pillar of good health, alongside diet and exercise.” I have changed my tune. Sleep is more than a pillar; it is the foundation upon which the other two (or three?! ) health bastions sit”

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# critical benefits

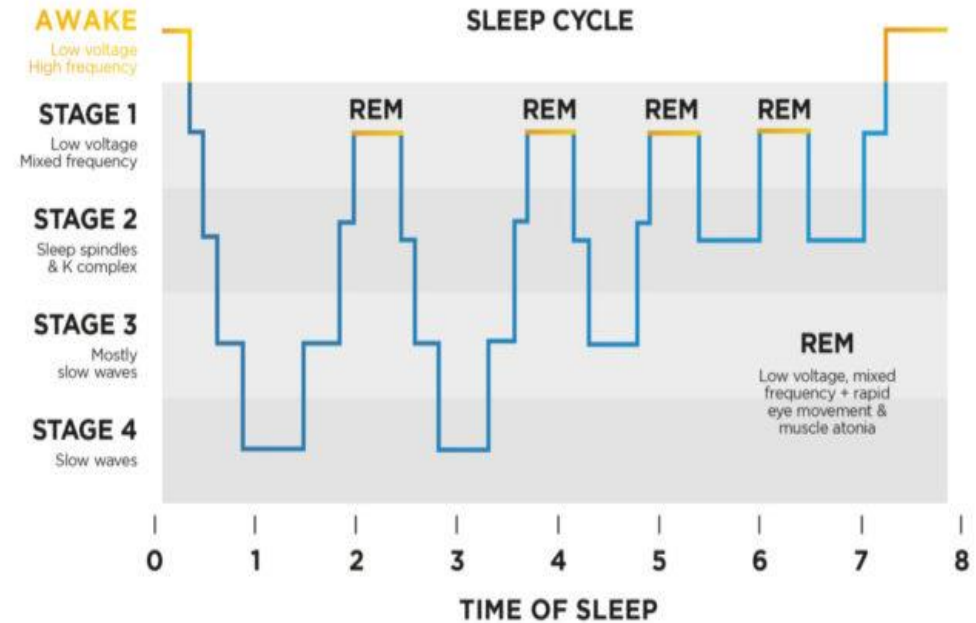
- Best life insurance policy
- Emotional first aid – creates a bridge between despair and hope
- Best blood pressure pill
- Protects against cancer and Alzeimers
- (Greatest legal performance enhancing drug)





# WhY Not

- Caffeine
- Alcohol
- Sleeping pills
- Stress and anxiety



# What

## Average Sleep Needs by Age

Age	Hours Needed	May be appropriate
Newborn to 3 months	14 – 17 hrs	11 – 19 hrs
4 to 11 months	12 – 15 hrs	10 – 18 hrs
1 to 2 years	11 – 14 hrs	9 – 16 hrs
3 to 5 years	10 – 13 hrs	8 – 14 hrs
6 to 13 years	9 – 11 hrs	7 – 12 hrs
14 to 17 years	8 – 10 hrs	7 – 11 hrs
Young adults (18 to 25)	7 – 9 hrs	6 – 11 hrs
Adults (26 to 64)	7 – 9 hrs	6 – 10 hrs
Older adults (65+)	7 – 8 hrs	5 – 9 hrs

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# How

- Routine and relaxation
- Avoid naps after 3pm
- Don't exercise or eat too late
- Sleep tracking can be good (but not v accurate) to help regularise and priorities sleep
- Darkness - dim lights before bed, eye mask; sunlight in day
- Avoid caffeine and alcohol
- Keep it cool - 18 degrees for best sleep (need to lower core temp by 1 degree)
- Walk if can't sleep so don't associate bed with not sleeping.
- Journaling and meditation – reduce anxiety.
- Paradoxical intention
- White noise
- Don't sacrifice sleep for exercise
- Owl or lark - genetically determined. Work with your inclinations.
- Avoid technology 1 hr before bed. Consider blue light app

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# blue light reduction apps

## Laptop



f.lux

F.lux Software LLC • Health & fitness

★★★★★ 31 [Share](#)

f.lux warms up your screen at night to help you relax and wind down before bed. Created in 2008 to help screens look more like a book, f.lux is now informed by science in sleep and

[More](#)

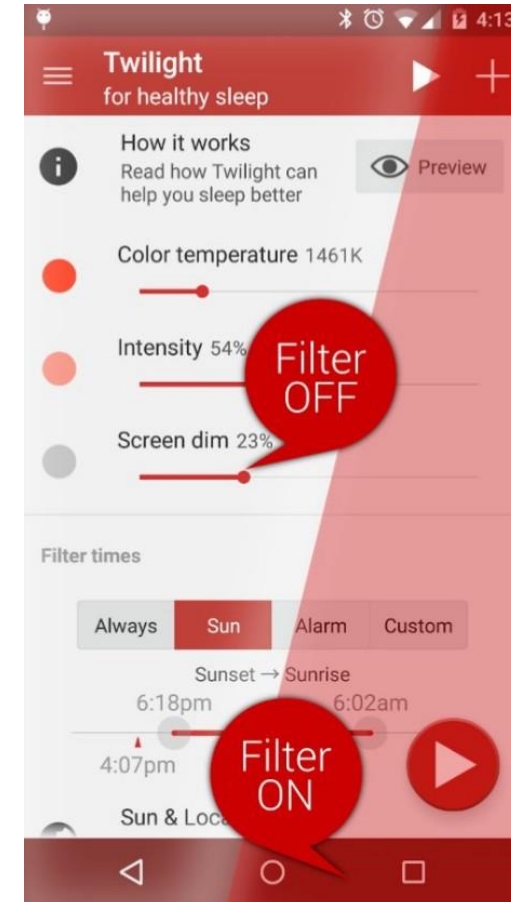


PEGI 3

Free

Get

## Mobile



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# my best insomnia hack



Open relaxed hands on tummy and heart

Head raised 2-3 inches

Feet hip width apart

Melt into the floor – think of your back spreading

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*“Almost everything will work again if you unplug it for a few minutes, including you.”*

- Anne Lamott

*“There is no pillow so soft as a clear conscience”*

- French Proverb

*“Don’t believe the things you tell yourself late at night”*

- Dr Steve Peters



# Posture



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# Why

## Physical

**Efficient movements**

**Less strain on muscles, ligaments  
and joints**

**Pain reduction**

**Balance of strength and flexibility**

**Promotes organ functioning**

**Improves circulation and digestion**

**Improves immunity**

**Spine health**

## Mental/emotional

**Energising**

**Increases attractiveness**

**Changes your frame of mind**

**Portrays a better image**

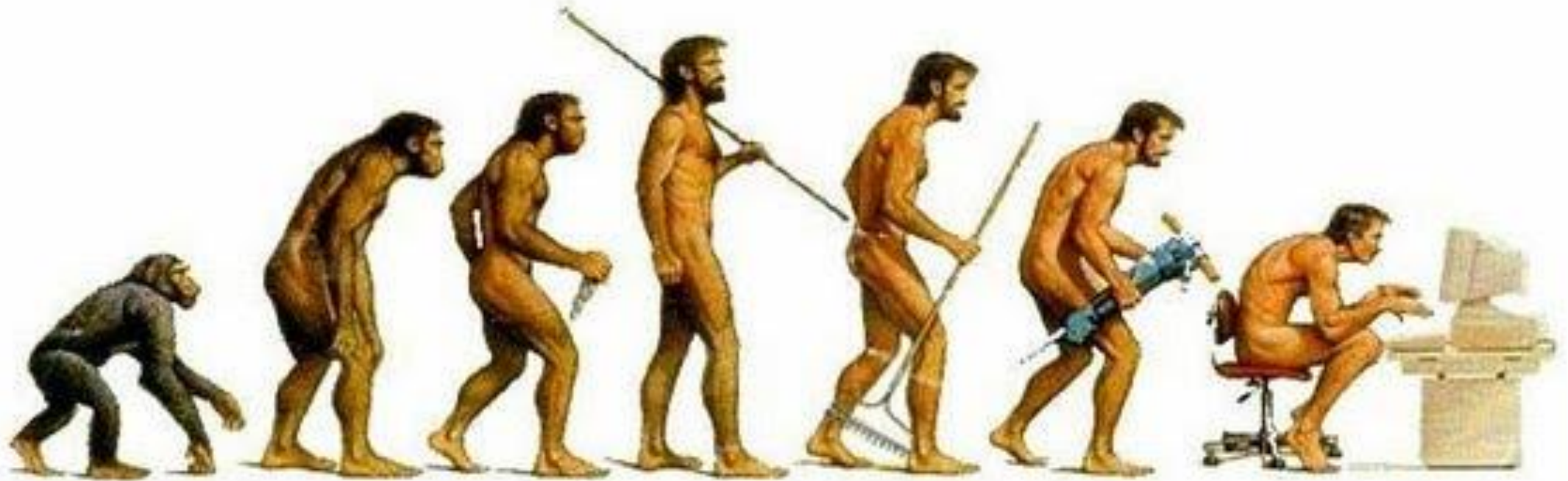
**Improved hormone profile**

**Improved breathing**

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# WhY Not



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# What: stationary



Head forward  
Pelvis tucked

NO!



Chest stuck out  
Pelvis over-tilted

NO!



Ear over shoulder  
Pelvis slightly  
tipped forward

YES!

**GOOD**



1. Head, trunk, and thigh in straight line.
2. Chest high and forward.
3. Abdomen flat.
4. Back curves normal.

**FAIR**



1. Head forward.
2. Abdomen prominent.
3. Exaggerated curve in upper back.
4. Slight hollow back.

**POOR**



1. Relaxed (fatigue) posture.
2. Head forward.
3. Abdomen relaxed.
4. Shoulder blades prominent.
5. Hollow back.

**VERY POOR**



1. Head forward badly.
2. Very exaggerated curve upper back.
3. Abdomen relaxed.
4. Chest flat—sloping.
5. Hollow back.

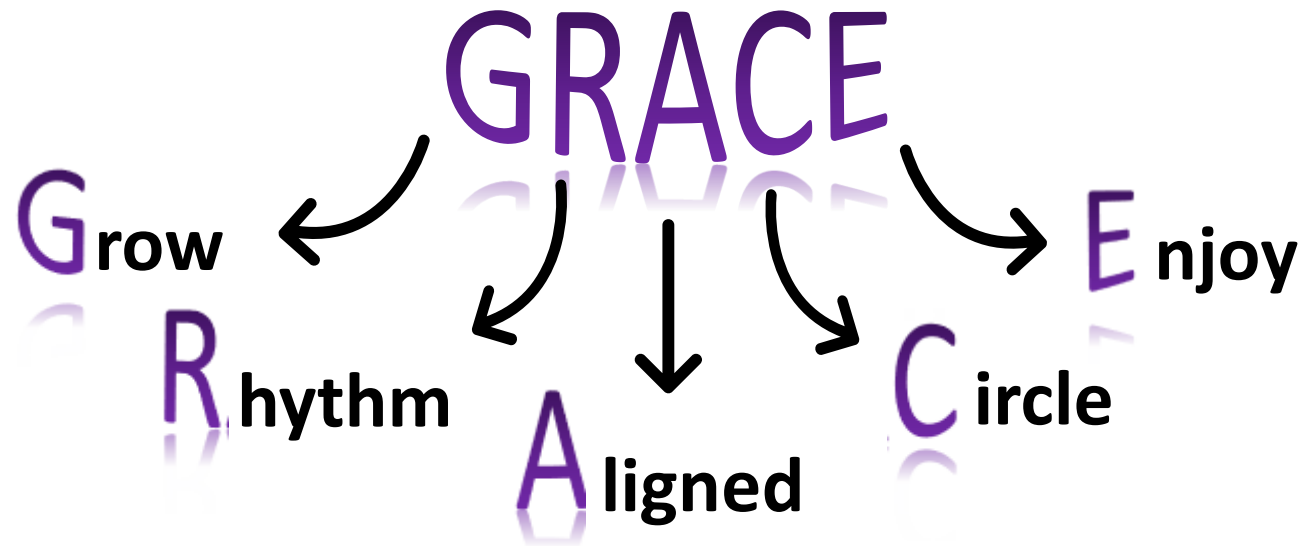
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# What: moving (especially running!)

## How to move with



# How

- Staying active (dance!)
- Being mindful of devices
- Maintaining a healthy weight
- Sitting support/posture device
- String extending from the top of the head
- Reminders



# WhY

mindfulness, sleep and good posture are beneficial

# What

is good practice

# How

to achieve benefits



# Routine!





# TrY-Sports and Fitness Schedule

TrYumphants = 5-11 yrs  
 Family TrYs = all ages 5+  
 TrYers = Adults (& teens)

	4-5pm	5-6pm	6-7pm	7-8pm	8-9pm
Tues	Netball 8-11y	Netball/ Football 11y+	Wild Athletics Running	Tag Rugby	Ladies' Night <small>Fitness/Netball/Hockey</small>
Wed			Rebootcamp		
Thurs	Football/ Multi-sports 5-11y		Running <small>@Longshaw Estate</small>		
Fri			Community Rounders <small>(Summer Only)</small>		

Holiday camps  
 Corporate well-being  
 Well-being consultations  
 Running technique analysis



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**Christmas vouchers available!**

