

Coordinating Life and Work Balance:

Organizing is key to this balancing act. Must look at 2 main areas. Nutrition and Exercise. The other two discussed prior: Sleep and Adrenal Support.

Sleep

Ideally between 10-11pm-7am. If can't do as close as possible. Body NEEDS time to prepare (you want to lose weight and feel better, make this important). Work smarter not harder.

Adrenal Glands

They handle your stress and they are exhausted. Feed them right with proper supplementation. You can't be fully alert of really get the body you want until these are in tune. For all the details, click on the link from last seminar.

<http://images.drscottjurica.com/documents/81/nasdaq.pdf>

- Nutrition:
 - Must have easy, quick, healthy foods to balance your mind and feed your body
 - Recipe examples

http://images.drscottjurica.com/documents/81/Quick_Recipes_for_a_busy_life.pdf

- Breakfast
 - Hard boiled eggs (do it night before or on weekend—20 min prep time) nuts, omelets, SP shakes, SP bars. All other prep time within 5 minutes.
- Lunch
 - Salads
 - Crockpot from day before
- Dinner
 - Crockpot
 - Meals from weekend
- Shakes from SP

<http://images.drscottjurica.com/documents/81/shakes.pdf>

- When to prepare? How?
 - All of this above has to do with two main things: changing your habits and having fun with it.

- Best way to prepare is set time aside (either you alone or with family) and prepare on the weekend. All of these ideas can take approx 2-3 hours, that's it and most of your prep and cooking time for foods is done
 - Treat it like a task (**not business meeting. People want to get away on the wknds not be forced to do work**)
 - Have to do it every Saturday or Sunday just like anything else. **BUT DON'T MAKE IT FEEL LIKE YOUR JOB!**
 - Make it fun—have wine and music while you prepare
 - If have kids, have them clean up after you or help you pick out groceries at the store. Will help them learn about good foods as well.
 - Chop up a variety of veggies and put in plastic containers for salads (even easier but more expensive buy pre-cut salads)
 - Sautee veggies for the week (ideally best to do for the next 2-3 days then do more raw for Thurs and Friday)
 - Cook up meats or slow cooker and then put into containers or even freeze at the end of the night. In the morning, take out and let thaw for the evening.

- Exercise:
 - Some things you already probably know
 - Getting up 30 min early that way you work out and still do a full day of work
 - Going straight to the gym after work (no diversions)
 - Going at lunch and you can't take your phone. I know, I know...but we all need downtime. Recharge, Reorganize and do a quick workout. (Take SP protein bar or make shake prior)
 - Best workouts for short time period (ie 30 minutes)
 - Intervals. Do weights going from one set to another, then from one body part to another with NO breaks. Use set of dumbbells and bench to make it faster and not walk all over the gym
 - Biceps, triceps, bench with dumbbells, incline bench with dumbbells, dips, flys, etc always changing it by adding in some jumping jacks, leap-bounds, etc to increase heart rate even more.
 - Want to do just cardio—intervals as well. Start with 5 min warm up (or ideally walk to the gym for warm up) then do a variety of changes on the treadmill, elliptical, cycle or mix with all 3.
 - Confuse the body as much as you can. Don't get stuck in a rut. Put on great music or download a book

- Now some others you might not know
 - Walking to work or getting off a stop or 2 prior to work, walk the rest
 - Using a ball instead of a chair to sit in
 - Shut your door for 15mins and close your eyes, breath, relax. Doing this allows you to refresh yourself
 - Using the restroom on the floor above
 - If you can't make it to the gym, take a 30 lunch and walk the city. Get outside. Always make sure to wake the body up
 - Deliver documents in person
 - IF you can conduct a meeting walking do it and record notes on
 - If you can work out at the office (conference room as a group) these are some of the best exercises:
 - Lunges, pushups, jumping jacks, jump rope, buy a couple sets of dumbbells and have them at work. You can even have them in your arms while you are working. For your abs, bicycle kicks and planks.

Questions? Comments?