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# PHYSICAL WELLNESS BEYOND THE GYM

## The Micro-Movement Toolkit

We often treat wellness as a destination – a gym we visit at 6:00 PM or a yoga mat we unroll on Sundays. But for the modern leader and professional, resilience grows in the micromovements we make between emails, shifts, and meetings.

To stay high performing without the burnout, I invite you to adopt this Daily Practices Toolkit. These are non-intimidating, accessible habits designed for the desk, the operations floor, or the home office.

# 1

### Master Your Internal Rhythms

Your brain follows ultradian rhythms rather than a linear 8-hour stretch.

- ▶ **The 90-Minute Rule:** Every 90–120 minutes, your focus naturally dips. Instead of powering through with caffeine, take a 5-minute mental recovery break. Use no-meeting blocks to protect this time.
- ▶ **The Power Nap:** If you're hit by the 3:00 PM slump, a 15–20 minute nap can reset your cognitive load more effectively than a third espresso.

# 2

### Environmental & Physical Alignment

Your surroundings dictate your biology.

- ▶ **Posture & Breath:** If you're desk-based, practice box breathing (inhale for 4 counts, hold for 4 counts, exhale for 4 counts, hold for 4 counts) to lower cortisol and add quick stretches—reach up or roll your shoulders—to counter hunching.
- ▶ **Brain-Friendly Spaces:** Use natural light and greenery—they reduce visual fatigue and support high-performing brain states.

# 3

### Fuel and Recovery

- ▶ **Hydration & Nutrition:** Physical wellness starts with baseline biology. Keep water at your station and prioritize slow-release energy (proteins and fats) over sugar spikes to avoid the mid-day crash.
- ▶ **Digital Detox:** End your day with a screen-free hour. Better sleep hygiene starts with darkness, allowing your brain to flush out metabolic waste from a day of heavy lifting.

# 4

### The Culture of Safety

Psychological safety is closely linked to physical wellness. When mistakes are treated as information rather than threats, stress levels decrease, trust grows, and the body is better protected from the strain of ongoing pressure.

Wellness isn't an added task; it is the foundation that keeps us function effectively. Let's take small, intentional steps to care for our wellbeing today, for a healthier tomorrow.