

Harnessing the Science of Human Performance

We all want to perform. To be our best when it matters most – in work and life. Yet in today's stress-filled, 24/7 world, we can feel unfocused, unmotivated and depleted.

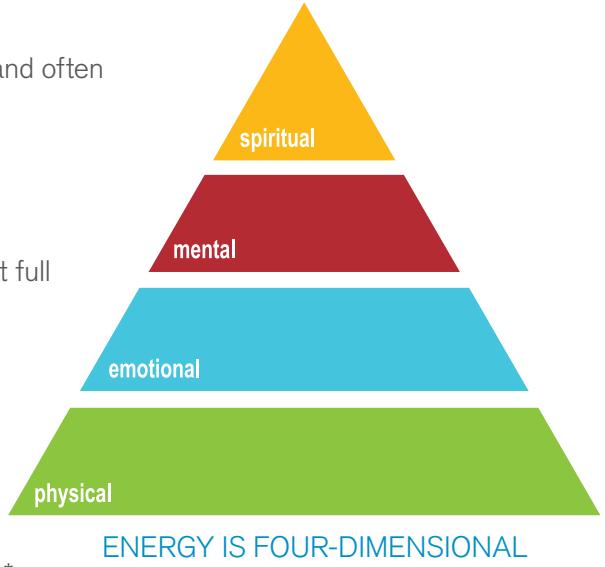
A pioneer in energy management that delivers proven sustainable behavior change, the Johnson & Johnson Human Performance Institute has over 30 years of research and results in the field of high performance and energy management. Our work with professional athletes, military Special Forces and Fortune 500 CEOs proves that when you bring your best energy to work and life, you can accomplish great things.

Corporate Athlete® Performance is an in-depth, groundbreaking training solution which helps individuals transform the way they approach energy management to achieve sustained high performance. By integrating the sciences of performance psychology, exercise physiology and nutrition, Corporate Athlete® Performance helps individuals effectively maximize their energy capacity across four interconnected dimensions to create lasting behavior change.

Learn to invest your energy in the areas of your life that are most important to you. Apply these energy management tips to your life, and you may be one step closer to unlocking more energy and igniting your full potential:

PHYSICAL

- Eat breakfast every day
- Try not to go more than 4 hours without fueling the body; eat light and often
- Eat no more than 5 handfuls of food per meal
- Ideal meals contain both carbohydrates and protein
- Snacks should be low glycemic
- To help maximize energy, stop eating when you feel satisfied – not full
- Drink water throughout the day
- Get up and move every hour
- Go to bed and wake up at the same time every day
- Get 7 to 9 hours of sleep each night
- Do interval training up to 3 non-consecutive days each week*
- Do resistance training at least 2 non-consecutive days each week*
- Think quality, not quantity, to help maximize workouts
- Some exercise is better than none at all



* Remember to consult your physician for medical clearance prior to starting any exercise program.

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EMOTIONAL

- Each morning or evening, reflect on the 3 things you are most grateful for
- The next time you are upset, engage in 1 minute of deep breathing to help recover your emotional energy
- Practice compassion by perceiving a situation from someone else's point of view
- Seek joy by finding ways to engage in laughter every day
- Help renew your emotional energy by connecting with people you love

MENTAL

- Read one new book each month or find a podcast to help build mental capacity
- Turn away from your computer and give 100% focus when speaking with someone
- Eliminate distractions by intentionally focusing on one thing at a time
- Create your own modern mantra to help you stay focused
- Commit to regularly pursuing activities outside your comfort zone - stimulate your creativity by learning something new and different

SPIRITUAL

- At the end of each day, reflect on whether your behavior today reflected your core values
- Prioritize who and what will get your best energy today within 30 minutes of waking
- Focus your energy on what you want, not on what you don't want
- Upload a picture on your phone of something that inspires you to remind yourself what is most important
- Spend 15 minutes 3 times a week sitting quietly and meditating, or reflect while taking a walk

ARE YOU LEADING WITH YOUR BEST ENERGY?

Take our FREE Energy Profile at
jjhpi.com

For more info about Corporate Athlete® training for you and your organization, contact:



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