



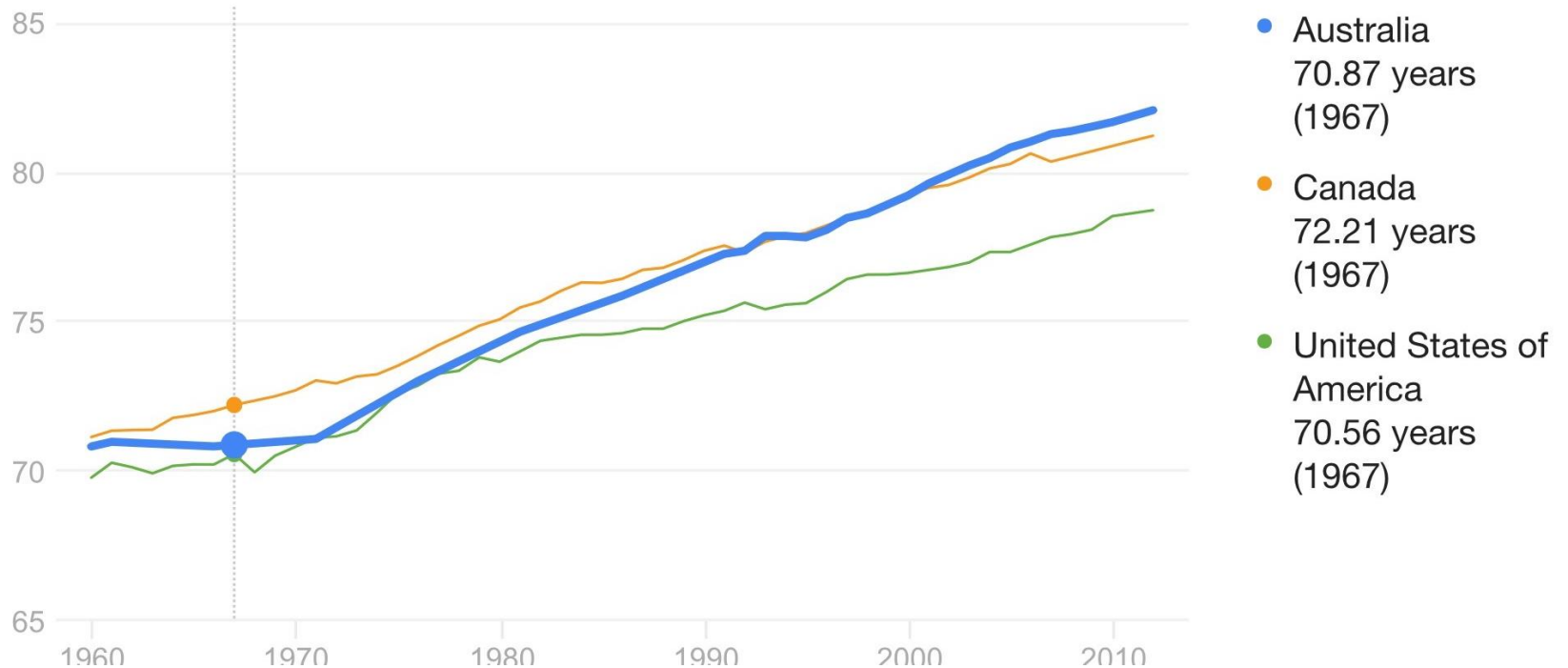
Murray Altham

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

# Longevity

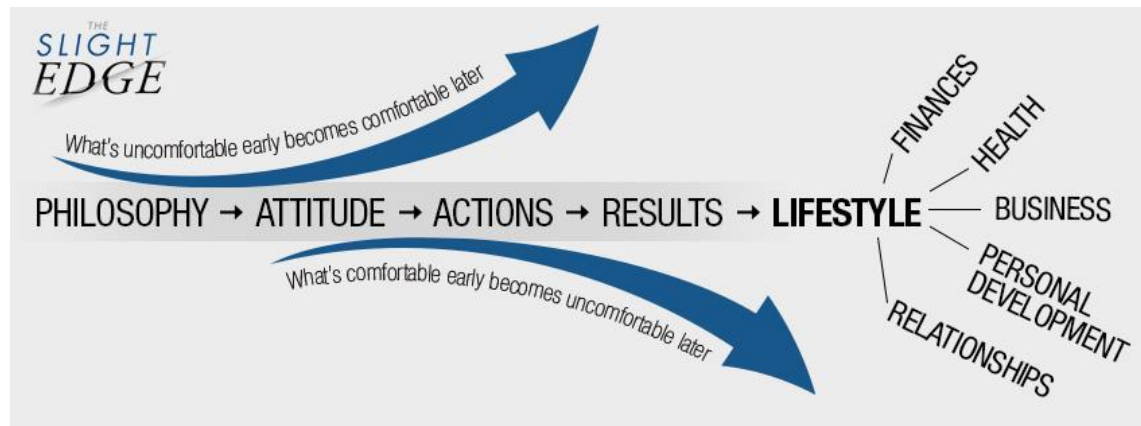
## 82.10 years (2012)

Australia, Life expectancy

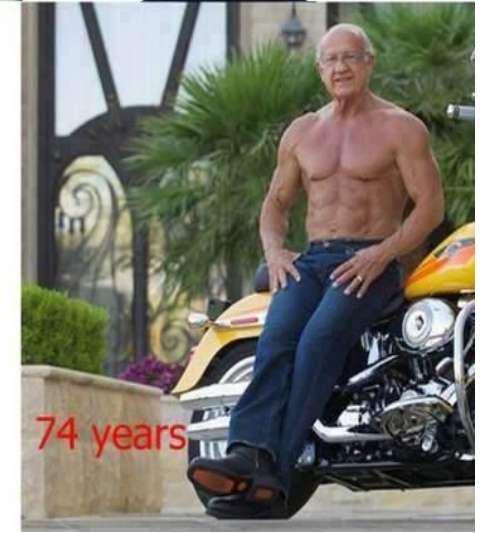
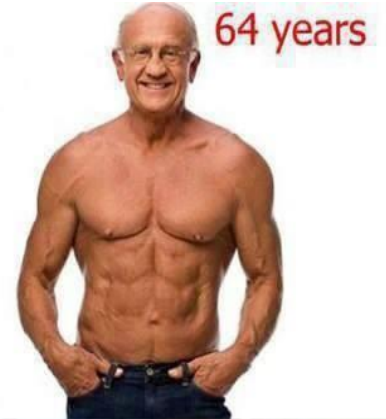
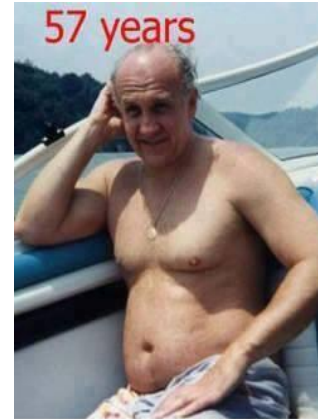


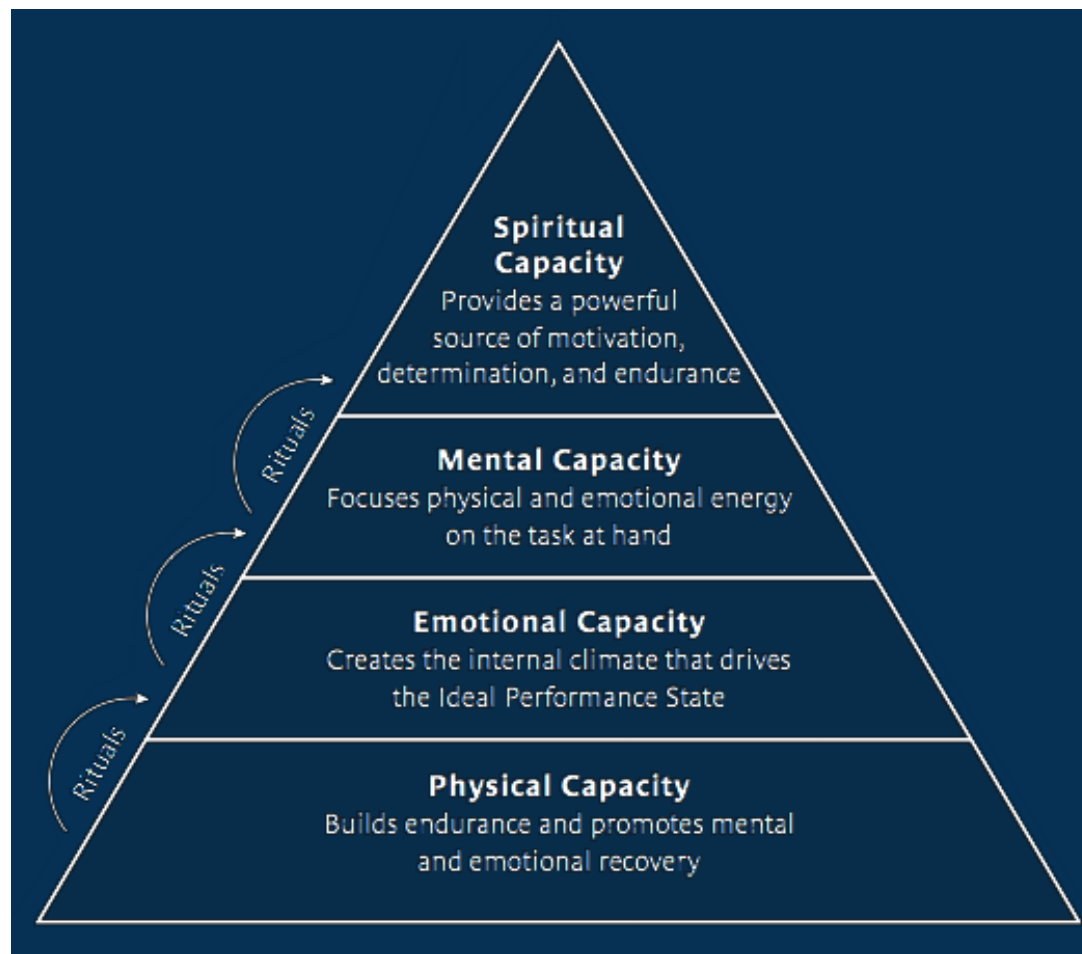
# 10 Year Timeline

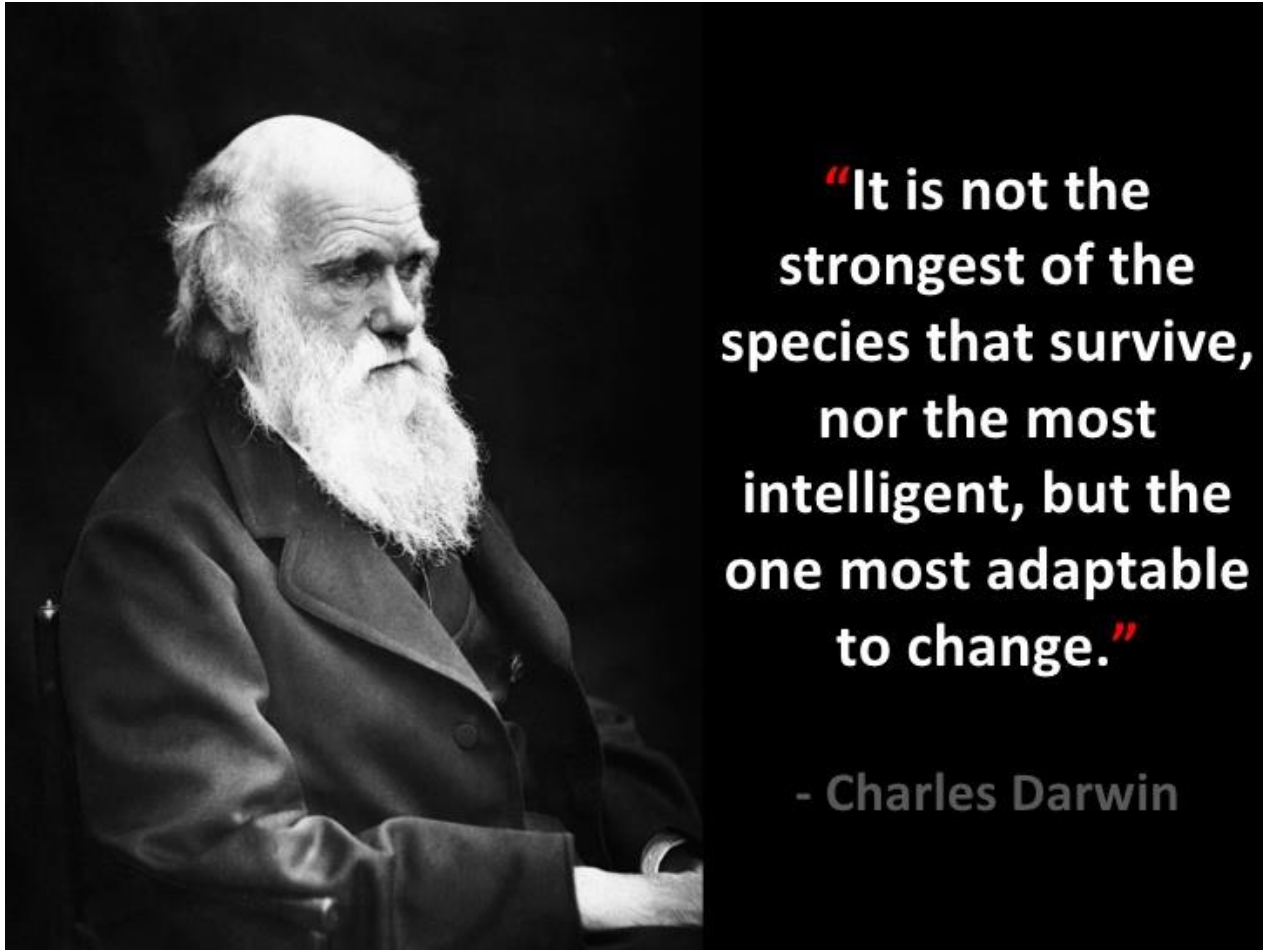
- Now 2015 2025
- Age
- Spouse
- Kids
- Parents
- Health
- Income
- Assets
- Liabilities
- Happiness
- Travel
- Lifestyle
- Passions



# What's possible...







**“It is not the strongest of the species that survive, nor the most intelligent, but the one most adaptable to change.”**

**- Charles Darwin**

“When people feel strong and resilient – physically, mentally, emotionally and spiritually – they perform better, with more passion, for longer. They win, their families win, the businesses they build, the careers they create and the corporations that employ them all win.”



# Chief Health Officer QLD 2014 report

## DR Jeannette Young

- “Obesity is our greatest health challenge”
- 1 in 12 Q’rs has diabetes. 1700 new cases T2 diagnosed each year (50 per day)
- Adults- 1.1 million obese, 1.2 million overweight
- Children- 75000 obese, 146000 overweight
- 3 million adults by 2020





# Brain Expert Daniel Amen, M.D.

- The brain is the origin of your personality, character, intelligence and every decision you make
- The brains gear shifter is the Anterior Cingulate Gyrus. It helps you with flexibility and cooperation. It also helps you shift your attention, seize opportunities, go with the flow and be creative

# Brain Expert Daniel Amen, M.D.

- The prefrontal cortex is involved in CEO function, forethought, judgement, impulse control, organisation, planning and learning from mistakes. When there are problems with the prefrontal cortex, people have short attention spans. They get distracted, they're impulsive, disorganised and don't learn from their mistakes

# Food

- Stick as close to nature as possible



**Nutrition Facts**  
Serving Size 2 tins (33g)  
Servings Per Container 7

Amount Per Serving	
Calories 20	Calories from Fat 10
	% Daily Value*
Total Fat 1g	2%
Sodium 190mg	8%
Total Carbohydrate 2g	1%
Protein 1g	
Vitamin A 2%	Vitamin C 15%
Iron 10%	Vitamin B6 20%
Vitamin B12 4%	

Not a significant source of saturated fat, trans fat, cholesterol, dietary fiber, sugar, and calcium.  
\* Percent Daily Values are based on a 2,000 calorie diet.

**Real Food**  
doesn't  
**HAVE**  
Ingredients.

**Real Food**  
**IS**  
Ingredients.

[eatlocalgrown.com](http://eatlocalgrown.com)



# Chocolate Éclairs

Thickened cream  
Vanilla  
Caster sugar  
Dark chocolate  
Butter  
Plain flour  
3 eggs



Woolworths

## CHOCOLATE ECLAIR WITH FRESH CREAM 2PK

INGREDIENTS: THICKENED CREAM(43%)(CREAM, GELATINE (BEEF), SKIM MILK POWDER, THICKENERS(401, 407, 407A), VEGETABLE EMULSIFIER(471), MINERAL SALT(516)), DARK COMPOUND CHOCOLATE(SUGAR, PALM KERNEL OIL(VEGETABLE EMULSIFIERS(492, 322 FROM SOY)), COCOA POWDER, MILK SOLIDS, VEGETABLE EMULSIFIER(322 FROM SOY), FLAVOURS), EGG, WHEAT STARCH, VEGETABLE OILS(CANOLA, PALM), WATER, MAIZE STARCH, SALT, RAISING AGENTS(450, 500), MINERAL SALT(170), VEGETABLE EMULSIFIERS(435, 471, 481), PRESERVATIVE(202), THICKENER(412), ANTI-OXIDANT (319)  
CONTAINS GLUTEN, EGG MILK, SOYBEAN  
MAY CONTAIN TRACES OF PEANUTS, TREE NUTS, SESAME SEEDS, SULPHITES  
KEEP REFRIGERATED



STORE NO 2610

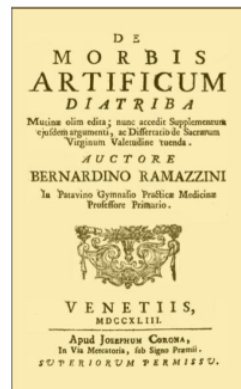
BEST BEFORE 26.SEP.14

PACKED BY WOOLWORTHS, 1 WOOLWORTHS WAY BELLA VISTA NSW 2153 AUSTRALIA

## Prolonged Sitting - Not a New Concern



Bernardino Ramazzini  
the founder  
of Occupational Medicine



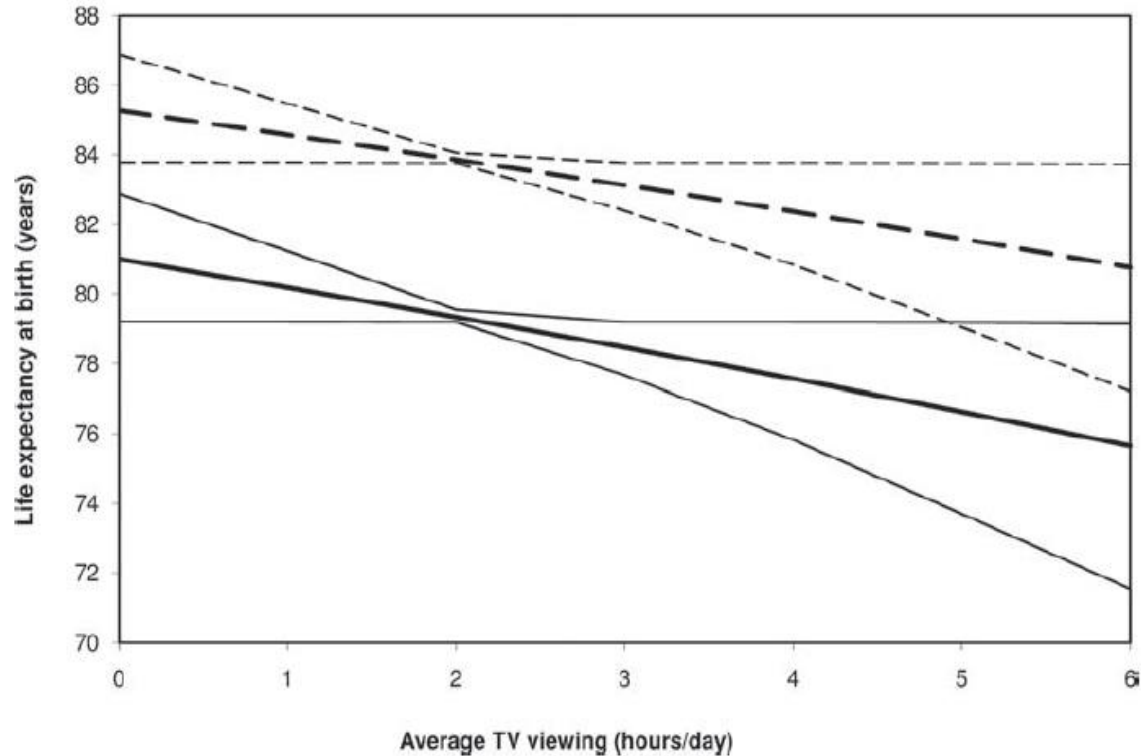
**Bernadino Rammazzini 1633-1714**

*De Morbis Artificum Diatriba*  
"Disease of Workers"

"...those who sit at their work and are therefore called 'chair workers,' such as cobblers and tailors, suffer from their own particular diseases ... [T]hese workers ... suffer from general ill-health and an excessive accumulation of unwholesome humors caused by their sedentary life"

"All sedentary workers ... suffer from the itch, are a bad colour, and in poor condition ... for when the body is not kept moving the blood becomes tainted, its waste matter lodges in the skin, and the condition of the whole body deteriorates". (1700)

# TV Viewing and Reduced Life Expectancy



**Figure 2** Life expectancy at birth by average daily amount of TV viewing time. Men in continuous lines and women in dashed lines; means (bold) and 95% uncertainty intervals.

age 25 may shorten  
degree"

Source: Veerman L et al. British J Sports Med 2011

# Exercise

**Your Daily Program**

- 4 MINUTES**  
High-Energy  
Aerobic Training
- 3 MINUTES**  
Resistance  
Exercise
- 2 MINUTES**  
Core  
Strengthening  
Exercises
- 1 MINUTE**  
Stretching  
and Deep  
Breathing

**“THE 10-MINUTE TOTAL BODY BREAKTHROUGH... changed my life.”**  
—FROM THE FOREWORD BY  
**WILLIAM SEARS, M.D.**  
*author of Prime-Time Health: A Scientifically  
Proven Plan for Feeling Young and Living Longer*

# The 10-Minute Total Body Breakthrough

**Get in the Best Shape of Your Life with 4 3 2 1 Interval Training!**

**BY SEAN FOY, M.A.** WITH NELLIE SABIN & MIKE SMOLINSKI

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**4 minutes**

**Air Boxing and Marching in Place**  
Alternate 20 seconds of moderate Marching in Place with 30 seconds of rapid Air Boxing. Keep up that pattern for 4 minutes. See pages 102-03 for full instructions.

**3 minutes**

**Chair Squat**  
Perform as many Chair Squats as you can in 1 minute.

**Knee Push-Ups**  
Perform as many Knee Push-Ups as you can in 1 minute.

**Forward Lunge**  
Perform as many Forward Lunges as you can in 1 minute, alternating legs.

**2 minutes**

**Reaching Ab Crunch**  
Perform as many Reaching Ab Crunches as you can in 1 minute.

**Knee Plank**  
Hold the Knee Plank as long as you can, for up to 1 minute.

**1 minute**

**Chair Hamstring Stretch**  
Hold the Chair Hamstring Stretch for up to 15 seconds each leg.

**Chair Thigh Stretch**  
Hold the Chair Thigh Stretch for up to 15 seconds each leg.

Copyrighted Material



- **Habit** generally overwhelms information



- **Environment** generally overwhelms good intentions



# Creativity - Clarity - Focus - Vitality



# Action!

1. Intention + Attention = Result
2. 3 priorities for the next quarter
3. What'd the one thing I can do this week to get this on track?
4. Keep it top of mind
5. Design your environment





Murray Altham  
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