



Rolls-Royce

Healthy High Performance Pack

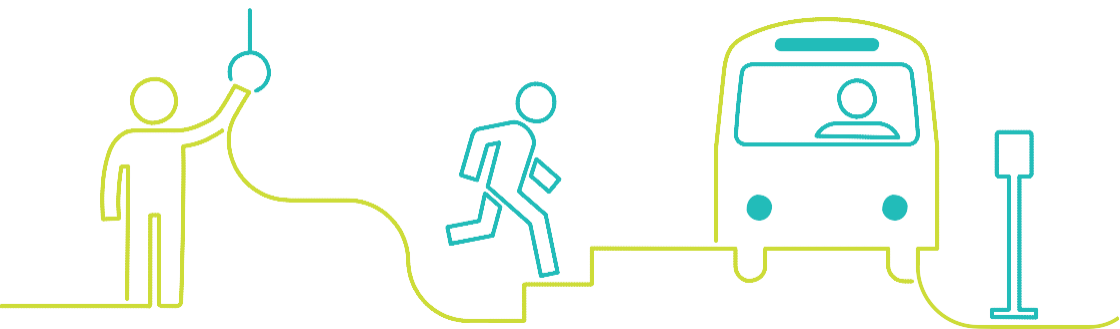


Easy ways to get yourself moving

You don't need to run marathons or perform hundreds of crunches to stay fit. Here are some practical ways to add more physical activity to your day.



Easy ways to get yourself moving



Stand up.
Stand, rather than sit, when you're on a train. The stability required will provide a good core workout.

Use the stairs.
Instead of the lift for a simple aerobic boost.

Walk further.
On your regular travels, park the car farther away, or exit public transport at an earlier stop, for an easy way to add more walking into your day.

Which exercise is right for you?

Different types of exercise will affect you in different ways, so it's worth thinking about what you want to achieve. Let's take a closer look.

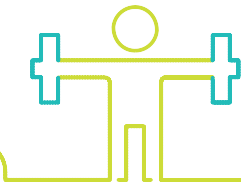


Which exercise is right for you?



Aerobic exercise.

This is good for your heart, endurance and energy levels – adding life to your days as well as days to your life. There's plenty of choice too: if you don't like running, you can try swimming or cycling or even take a group movement class.



Resistance training.

This type of exercise can build strength, increase fitness and improve body mechanics, as well as protect bone health and preserve muscle mass. However, guidance is often needed to get the best results and avoid injury.



Movement and flexibility training.

Movement-based practices, such as yoga or pilates can prevent injury, enhance range of motion, reduce stiffness and limit aches and pains.

Mix it up.

Remember that using a variety of different types of exercise can increase the health benefits of each.

Common myths about exercise

Many people hold unfounded beliefs around the subject of getting fit. Let's look at some of the more obvious ones.



Common myths about exercise



No pain, No gain.

The best workouts should challenge your body, but you shouldn't be left feeling exhausted and sore. And if you do experience pain you should stop.



It takes hours and requires a major commitment.

Exercise shouldn't take too long. In fact, some of the most effective workouts can be completed in as little as 15 minutes.

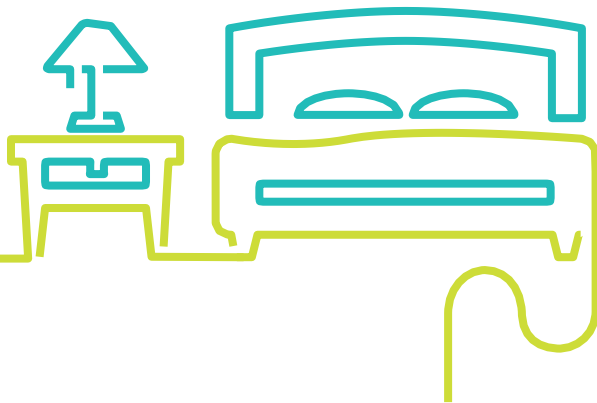


It can help you lose weight quickly.

There are many good reasons to exercise, but when it comes to weight loss, diet is a bigger factor.

The hotel room workout

No space? No equipment? No excuse. In fact, these simple exercises can all be completed in a small hotel room.



The hotel room workout

Any order, three to five sets.



Plank hold for 60 seconds.



Mountain Climbers x50.



Hip thrusters x20.



Bicycle Abs x40.



Push ups x30.

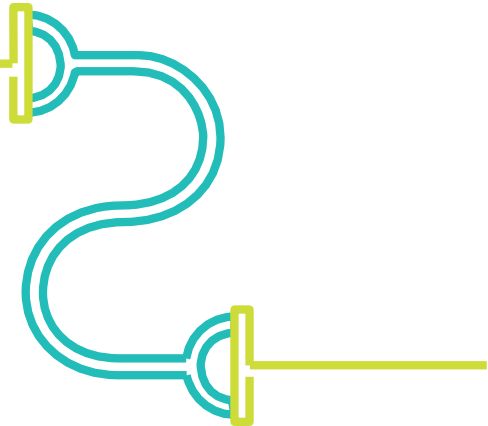


Lunges x20 each leg.

For instructions on how to do these and other no-equipment exercises go to: <http://30dayfitnesschallenges.com/exercises>
or: <http://www.howcast.com/guides/919-how-to-do-the-boot-camp-workout-for-women/>

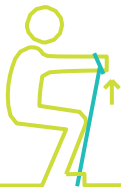
The resistance band workout

Make the most of your resistance band with these simple exercises.



The resistance band workout

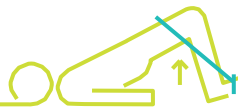
Any order, three sets of 8–15 with
30–60 seconds rest between.



Front squat.



Bend over row.



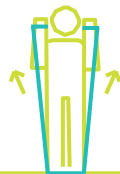
Glute bridge.



Push-up.



Woodchoppers.



Standing double
bicep curl.

Make the most of your resistance band with these simple exercises.

Source: <http://greatist.com/fitness/resistance-band-exercises/>

The top exercise and fitness apps

A new generation of technology can actually support your fitness goals. Take a look at some of the top exercise and fitness apps.



The top exercise and fitness apps

Skimble's Workout Trainer (Android, iOS). Offers users thousands of free workouts complete with timed step-by-step audio and video instructions.

Johnson & Johnson Official seven Minute Workout App (Android, iOS). Guides users through the original seven-minute workout, as well as more advanced routines of varying duration and intensity.

FitStar (iOS). Functions as your personalised digital training coach, adapting its exercise routines to match your physical capability, carefully calibrating workouts to be challenging without being too difficult.

Pocket Yoga (Android, iOS). An exercise app that lets you practice the ancient art of stretching and breathing at your own pace and time.

Strava Running and Cycling (Android, iOS). Adds some pretty neat competitive and gamified features to the usual run-tracking recipe.

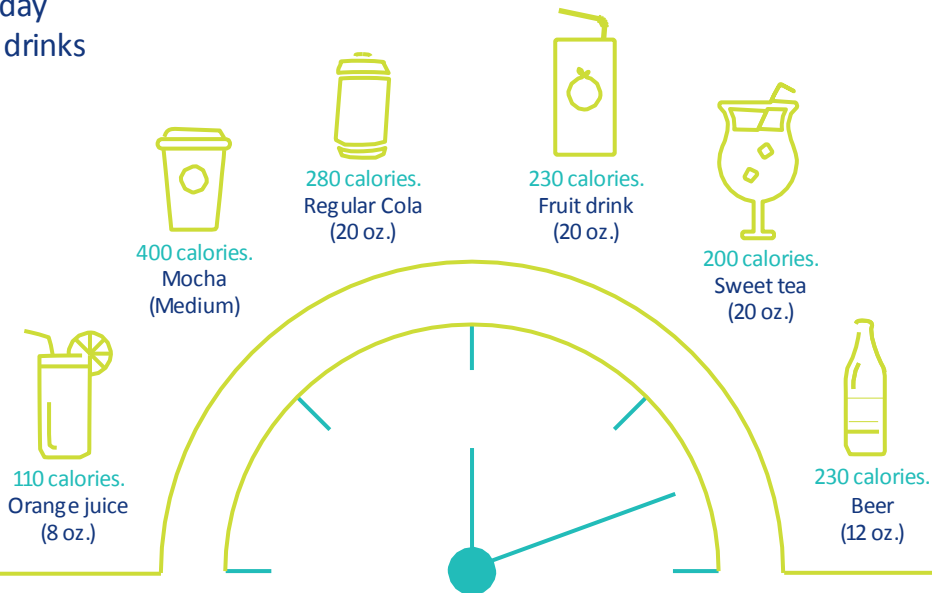


A day in drinks

If you enjoy espresso drinks, fruit juices or alcohol, check out this illustration. As you can see, it's easy to use up a lot of your recommended daily calorie allowance without even touching solid food.



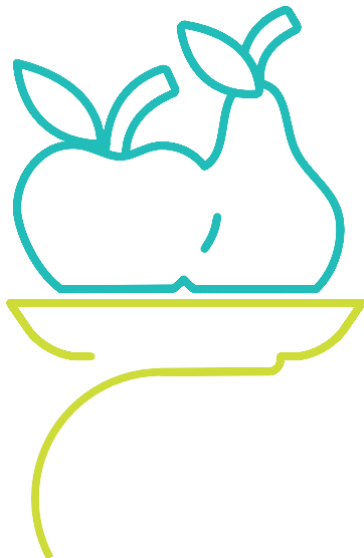
A day in drinks



Source: <http://www.healthguru.sg/learn-about-food/calories-in-drinks/>

Eat real food

You are what you eat so why settle for being a donut? If you want to make an impact in the boardroom, choose foods that positively impact your health.



Eat real food

Leafy greens, salads and other vegetables.
Eat a wide variety of vegetables from broccoli to salad and beet root to peppers.

Fruit.
Focus on eating whole fruits rather than fruit juices.

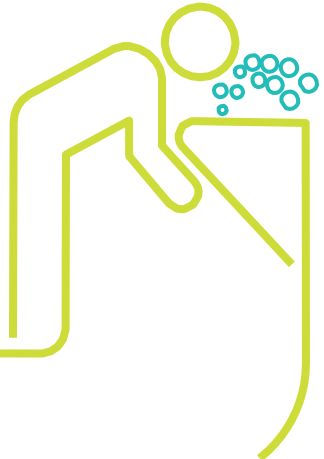


Root vegetables.
Eat starchy vegetables such as sweet potato or whole grains. Avoid refined grains like white bread and pasta.

Protein.
Fish, poultry and eggs are excellent sources of protein. Beans and nuts are great for those on a vegetarian diet.

Hydrate for performance

Often when you feel below par, irritable or even hungry, you're simply dehydrated. Water is critical to mental and physical performance, so here's how to ensure you remain fully hydrated throughout the day.



Hydrate for performance

Choose water.

Water should always be your first choice when it comes to keeping hydrated. Not all liquids provide hydration and many are high in calories and sugar. So it's important to consider what you drink as well as how much.

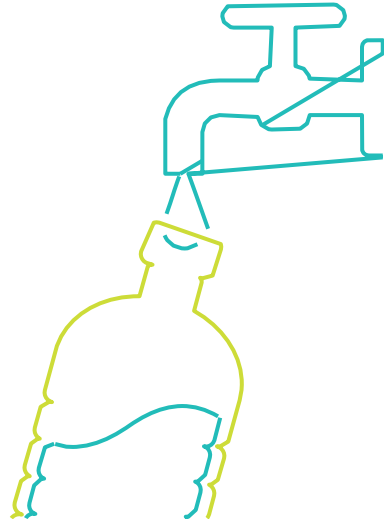
Always carry a water bottle.

Water is critical to mental and physical performance. Always carry a water bottle with you and keep one at your desk to remind you to hydrate.

Hungry, or just thirsty?

Remember that the symptoms of dehydration – feeling weak, dizzy and having low energy – closely mimic those of being hungry which can trick you into thinking you need food to boost your energy levels, causing you to overeat.

The best way to identify whether you're really hungry is to drink a glass of water when you get your first hunger pangs. If you're still hungry after 15 minutes, eat.



Staying healthy at business dinners

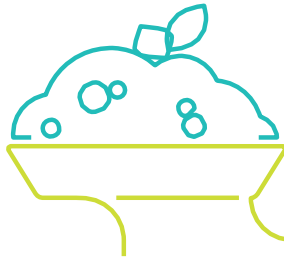
It can be challenging to eat healthily at business dinners, where the portions are large, the wine flows and desserts are very tempting. But by sticking to a few simple rules you can relax and enjoy yourself while staying in shape.



Staying healthy at business dinners

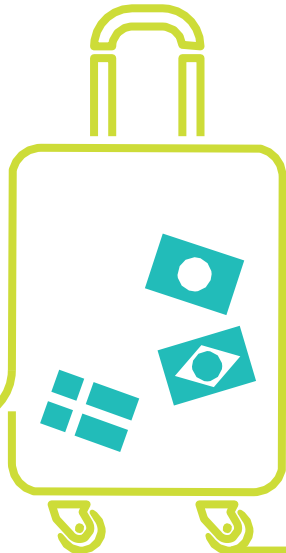
Simple rules

- Always eat a good breakfast and lunch and have small, strategic snacks throughout the day to tame your appetite. This will maintain your energy and discourage you from binging at dinner.
- A small, balanced snack before arriving will prevent your blood sugar from falling and keep your brain alert.
- Stick to water to stay hydrated and reduce your alcohol intake.
- Select foods that provide steady energy, such as nuts, cheese, beans and meat. Avoid breads and pastries, which can cause your blood sugar to spike and crash.
- If you must eat dessert, trade the carbohydrates from your starter and main course.
- Watch your portion size. Large helpings can make you sleepy. If you eat out a lot, they can also cause unhealthy weight gain.



Tips for eating while travelling

Eating healthily while on the road isn't easy. Most of what's on offer is prepared for convenience and long-term storage rather than optimal nutrition. You will need to be prepared.



Tips for eating well while travelling

Eating well on the road

Make a list.

Develop a travel food list as part of your travel-packing list so you're never at the mercy of airport food choices. It should include healthy snacks that are easy to store such as dried fruits, nuts and seeds, trail mixes and energy bars.

Plenty of water.

Stay hydrated to reduce jet lag and keep your immune system healthy. As well as taking in plenty of water, reduce or avoid caffeine, high sugar drinks and alcohol, which can all dehydrate you further.

Choose your menu.

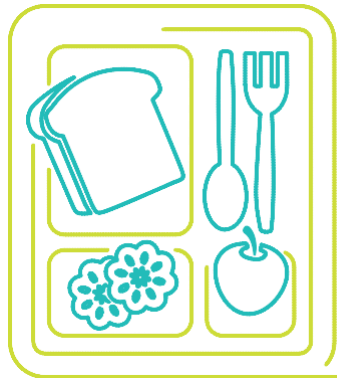
If possible, pre-order the healthy option on flights: many major airlines now offer a balanced offering onboard their scheduled service.

Avoid high sugar foods.

They only satisfy for a short while and are full of unnecessary calories.

Little and often

Make sure you eat every three to four hours, to avoid becoming ravenously hungry in a place where the choices are poor.



Swap your way to health

When trying to improve your diet, it's not always necessary to make big changes. Simply swapping one of your regular indulgences for something else could have a real impact on how you look and feel. Here are a few ideas to get you started.



Swap your way to health

Simple food swap suggestions



Swap fruit juice for whole fruit



Swap sugary drinks for water



Swap crisps for nuts



Swap white bread or pasta
for whole grain varieties



Swap breakfast cereal for porridge



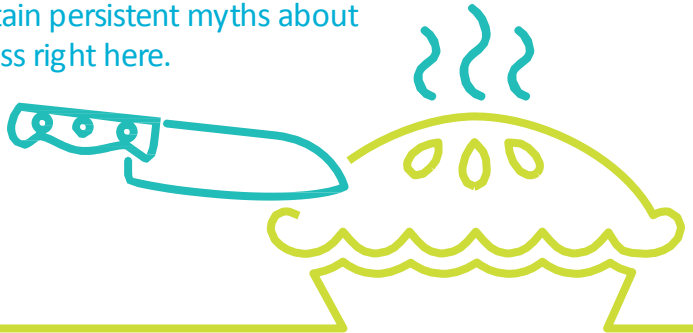
Swap potato for sweet potato



Swap beef mince for turkey mince

Cutting through the culinary contradictions

With so many conflicting nutrition stories appearing in the media, it can be hard to work out what's healthy and what isn't. However, there are certain persistent myths about food that we can dismiss right here.



Cutting through the culinary contradictions

1. You can't out-run a poor diet.

Often people think that because they have been active they can eat whatever they want, but no amount of exercise of any kind will overcome a bad diet.



2. Skipping meals is a good way to lose weight.

It can actually have the opposite effect, putting your body into 'survival mode', slowing down your metabolism and conserving energy as fat rather than using it up. Skipping meals can also lead you to eat more than you normally would at your next meal.

3. Losing weight is easy: eat less and move more.

It depends on the quality of what you eat. Consuming fewer calories of foods with a low nutritional value will leave your body craving essential nutrients, eventually causing you to overeat.

Cutting through the culinary contradictions continued

4. Snacking is bad for you.

It's only unhealthy if you do it mindlessly when not hungry, or if you consume foods with low nutritional value. Snacking on small quantities of nutritious food can help your body stay fuelled so you can avoid overeating at your next meal.

5. Everything is healthy in moderation.

Unfortunately moderation is hard to achieve because many of the worst foods are addictive and lead to cravings. In general if you eat healthily 80% of the time, you can allow the remaining 20% for the less healthy items.

6. Weight gain is due

to eating too much fat.

Eating too many calories from any source – carbohydrates, fat or protein – will cause weight gain. Indeed when people eat less fat, they tend to eat more carbohydrates or sugar instead, which can cause blood sugar-induced mood swings, sugar cravings and overeating.



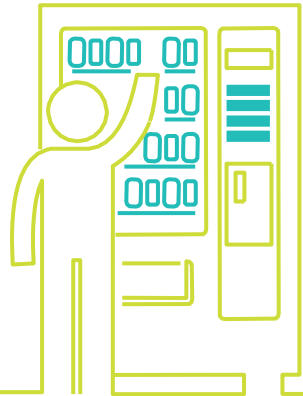
Cutting through the culinary contradictions continued

7. Carbohydrates should be your biggest source of calories.

Inactive individuals should eat one gram of carbohydrate per pound of bodyweight, while active individuals can eat twice that. Ideally, these should be whole grains or brown rice rather than white bread or white rice, both of which are low in nutrients.

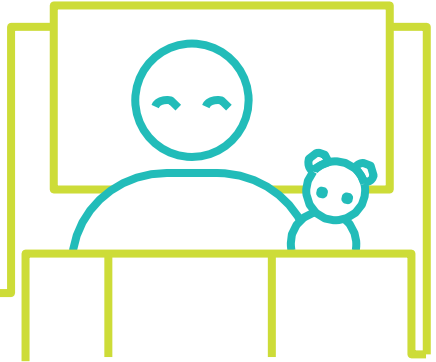
8. Eating late at night causes weight gain.

It's what you eat, not when, that causes weight gain and if you regularly overindulge after dinner, the overindulging is the problem, not the timing. So if dinner is late or you're hungry before bed, eat.



How to ensure you get a good night's sleep

Here we've collected all the best advice you need to ensure you get all the benefits of a good night's rest.



How to ensure you get a good night's sleep

Nine essential habits

1. Maintain a regular wake and sleep pattern seven days a week.
2. Keep your bedroom dark – even the smallest amount of light in your bedroom can reduce sleep quality.
3. Avoid having televisions or computers in the bedroom.
4. Avoid using technology in the hours before bedtime, including computers, mobile phones and televisions.
5. Avoid eating sugary foods, especially close to bedtime.
6. Avoid napping during the day.
7. Avoid stimulants including alcohol, caffeine and nicotine, especially close to bedtime.
8. Take regular exercise.
9. Ensure adequate exposure to natural light during the day – it helps maintain a healthy sleep wake cycle.



How lack of sleep affects your brain

Sleep is vital to the brain's overall health and functioning. Let's take a closer look at what happens when a brain becomes sleep-deprived.



How lack of sleep affects your brain

What happens when your brain doesn't sleep?

Lost memories.

Scientists believe our brain replays each day's new information during sleep to ensure it sticks. Lose sleep, lose long-term memories.

False memories.

One study found that people are more likely to incorporate misinformation into memories following a night without sleep.

Anger.

Sleep loss primes us to concentrate on more negative experiences, misinterpret facial expressions and even pick fights.

Shrinkage.

Healthy adults getting poor sleep lose volume in the frontal, temporal and parietal lobes.

Slurred speech.

The temporal lobe, which is associated with language processing, is highly active in well-rested people but inactive in their exhausted and enunciation-challenged counterparts.



How lack of sleep affects your brain

What happens when your brain doesn't sleep? continued

Impaired wit.

Without sleep the clever patter may not flow so easily. Sleep affects cognitive processes such as divergent thinking which helps us switch topics nimbly.

Binge eating.

Sleep loss corresponds with impaired decision-making and enhanced fear detection. By dulling judgement and increasing desire, you create the ideal conditions for major fridge raids.

Hallucinations.

The well-rested brain filters stimuli to sort out what matters from what doesn't and prevent sensory overload. Without this process, chaos ensues. After pulling an all-nighter, many people start anticipating things that aren't there, including objects.



How lack of sleep affects your brain What happens when your brain doesn't sleep? continued

Risky decisions.

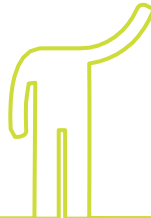
When sleep-deprived people prepare to make money decisions, the brain's reward centre lights up suggesting confidence, yet if things turn bad there is decreased activity in the punishment and aversion region.

Head in the clouds.

Everyone loses focus from time to time, but when sleep-deprived people space out they exhibit impaired visual sensory processing, suggesting a whole other level of disengagement with the world.

Brain damage.

You can now add all-nighters to the list of things that kill brain cells – in this case, in the brain stem. The damage may be irreparable too, so there's no point trying to catch up at weekends.



Know the facts about sleep

Everyone has their own ideas about how much sleep they need and how to get more from it. But persistent myths abound. We've picked out three of the biggest.



Know the facts about sleep

Three big myths about sleep

1. Easily miss an hour. Getting one hour less sleep a night won't make a difference. Losing just one hour of sleep at night can lead to visible sleepiness the next day, slower reaction times, reduced productivity and compromised infection-fighting ability.

2. Jet lag doesn't affect me. Your body can adjust to different time zones quickly. Our internal body clock controls when we feel sleepy and when we feel active but travelling to different time zones puts it out of sync with local time. The rate of adjustment is about one or two time zones per day, so when travelling across multiple time zones, it can take over a week to adjust.

3. Catch up at the weekend. You can make up for lost sleep by sleeping more at the weekend. It is a common belief that sleeping later at the weekend counteracts a lack of sleep during the week. While it may relieve some of the sleep debt, it will not make up for a lack of sleep during the week. It could also impair the sleep/wake cycle, which then disrupts the following week's sleep, creating a negative pattern.

How to get a good night's sleep while travelling

Most people can get a good night's sleep in a familiar environment. But what about those who travel a lot for work? Here are a selection of ideas.



How to get a good night's sleep while travelling

Routine.

Maintain your usual routine as far as possible. If you have bedtime rituals at home, such as reading or listening to music, maintain them while you're away.

Peace and quiet.

Pack earplugs and a facemask in case the hotel is noisy or the curtains let in too much light.

Time.

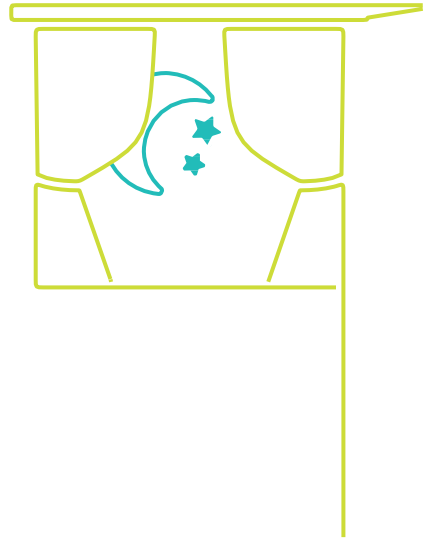
Allow enough time: it may take longer to fall asleep in unfamiliar surroundings so make sure you factor it in.

Avoid large meals.

Avoid large meals too close to bedtime.

Avoid alcohol.

You may think it helps you get to sleep, but it's not so good for keeping you asleep.



Overcoming jet lag

Your body says it's bedtime but all around you the day has barely started. Jet lag is the curse of international travel. You can't beat it, but you can reduce the effects. Here are some ideas we've collated.



Overcoming jet lag

Top tips for overcoming jet lag

Make a gradual time adjustment.

If you are travelling a few time zones make adjustments to your sleep time ahead of the flight. Going west? Each day wake up and go to bed one hour later. Going east? Each day wake up and go to bed one hour earlier.

Set your watch to the destination time.

Do it as soon as you're through security so your mind can begin making the adjustment.

Plan ahead.

If you know you'll be mostly sleeping, pack a pillow, blanket, eye mask, earplugs and anything else that you'll need. If you need to stay awake, it's a good idea to have a really interesting book or show that you've already started.

Know your details and pack accordingly.

Note down the length of the flight and the local time of arrival. That way you'll know what you'll need at your destination and take it in your cabin bag.

Fake it 'til you make it.

If you arrive in the daytime, try to get as much sunlight as possible outdoors and aim to make it past nine o'clock without falling asleep.

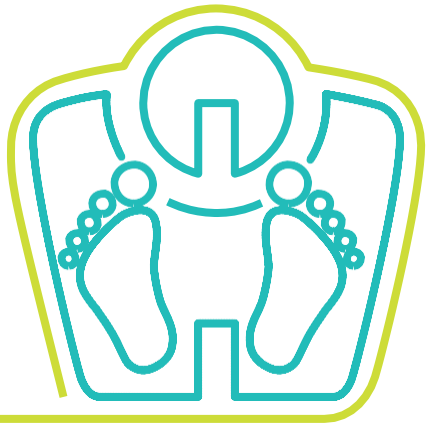
If you arrive in the evening, try to wind down with some herbal tea (no alcohol) and go to sleep at a reasonable hour.

Stay hydrated.

It will help you avoid becoming too irritable, achy and tired – all regular symptoms of jet lag.

How sleep deprivation affects your weight

There is a direct link between lack of sleep and weight gain. Ghrelin stimulates appetite; leptin sends signals to the brain when you are full.



How sleep deprivation affects your weight

When you don't get enough sleep...

Ghrelin levels go up, stimulating appetite so you want more food than normal.

Leptin levels go down meaning you don't feel satisfied and want to keep eating.

The more sleep you lose the more food your body will crave.



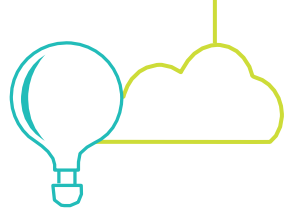
The relaxation response

This is a state of deep rest designed to change your physical and emotional responses to stress.



The relaxation response

Benefits of the relaxation response



It can reduce stress and counteract its effects such as:

- Anxiety.
- Diabetes.
- Hypertension.

Studies show that it also alters the genes involved in:

- Immune function.
- Insulin secretion.
- Energy metabolism.

It also suppresses pathways that control the activation of the protein that plays a role in:

- Stress.
- Inflammation.
- Cancer.



How to mix effort and relaxation for high performance

Working hard has its place, but occasional relaxation could help you work more effectively with a sharper, more positive and productive mind. What matters most is to strike the right balance.



How to mix effort and relaxation for high performance

Finding the right balance

Avoid burnout.

Over-exertion for an extended period will eventually lead to burnout. It occurs when we put too much energy into a task without taking time to relax and refresh.

Find the right balance.

Remember that the right balance of effort and relaxation is dynamic. Some days you may feel stronger than others but eventually you will need to relax.

You must continuously monitor the situation and make adjustments if you're to maximise energy and sustain effective effort.

Visit the Rolls-Royce Resilience toolkit for more information and tools at:

www.peoplenet.infocentre.rolls-royce.com/health-work/pages/017631_Rolls-Royce_Resilience%20toolkit_v2_210515.pdf



Deep breathing

When work becomes stressful it is easy for breathing to become shallow. A few quiet moments of deep breathing can slow your heart rate, lower blood pressure and restore a productive equilibrium.

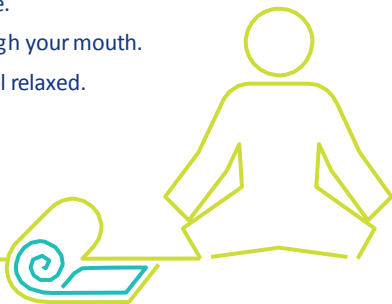


Deep breathing

How to practice deep breathing

Find somewhere quiet where you can sit for a while.

1. Sit straight up with your eyes closed.
2. Place your hand on your stomach.
3. Inhale through your nose, breathing from your diaphragm, not your chest. You should feel your stomach inflate.
4. Exhale slowly through your mouth.
5. Repeat until you feel relaxed.



Active relaxation

A simple way to recover is to spend a little time relaxing each part of your body bit by bit. A warm blanket, earplugs and facemask can enhance the process but aren't strictly necessary.



Active relaxation

Simple relaxation techniques

Find a quiet place, preferably somewhere where you can recline a little, but not to the point where you might become sleepy.



1. Close your eyes and begin by relaxing your toes, heels and all parts of your feet.
2. Then feel the relaxation spread up through your legs and knees and into your pelvis.
3. Allow your spine to relax and then allow the feeling to spread across your shoulders and down your arms and hands.
4. Relax your shoulders again and then the back of your head, your crown and every part of your face – your forehead, eyes, nose, mouth, chin and anywhere that feels especially tense.
5. Then relax down your neck, your chest and onto your belly. Breathe quietly for a few moments.

Understanding mindset

By developing a growth mindset you can gain the confidence and self-reliance you need to take control of your life.



Understanding mindset

Fixed vs. Growth mindset

Fixed mindset: (Intelligence is static)

This leads to a desire to look smart and therefore a tendency to:

- Avoid challenges
- Become defensive or give up easily.
- See effort as fruitless or worse.
- Ignore useful negative feedback.
- Feel threatened by the success of others.

This can lead to an early plateau and stop people achieving their full potential.

Growth mindset: (Intelligence can be developed)

This leads to a desire to learn and therefore a tendency to:

- Embrace challenges.
- Persist in the face of setbacks.
- See effort as the path to mastery.
- Learn from criticism.
- Find lessons and inspiration in the success of others.

This can lead to even higher levels of achievement.



What kind of mindset do you have?

Study the two lists of sentences on the reverse. Which of them do you think applies most closely to you?



What kind of mindset do you have?

Fixed mindset:

- I'm either good at it, or I'm not.
- When I'm frustrated, I tend to give up.
- I don't like to be challenged.
- When I fail, I'm no good.

Growth mindset:

- I can learn anything I want to.
- When I'm frustrated I persevere.
- I want to challenge myself.
- When I fail, I learn.



How to unlock a high performance mindset

People with a fixed mindset have a passive attitude that leaves them helpless in the face of challenges. People with a growth mindset recognise that they can play an active role in their own success.



How to unlock a high performance mindset

Achieving a growth mindset

1. Recognise fixed mindset symptoms, such as the following thoughts:
 - “I have bad genes, there’s no way I can lose that much weight.”
 - “I don’t have the willpower to stick with a healthy diet.”
 - “I’m not as smart/lucky/ talented as...”
2. Reframe fixed mindset thinking with growth mindset thoughts:
 - “No excuses this time, I’m getting started.”
 - “Forget diets. I’ll take it slow and develop a healthy lifestyle.”
 - “If I don’t know how to do something, I’ll learn.”
3. Take action: commit to a plan that will reverse fixed mindset thinking.
 - Cut out a few unhealthy foods.
 - Study the lives of people who overcame the challenges you face.
 - Take evening classes to improve your knowledge.



Why mindset matters

A growth mindset is one of the keys to success because it makes all experiences useful. We can enjoy our successes, learn from our mistakes and then move on to even greater success.



Why mindset matters

Three success mindset fundamentals

1. Confidence.

If we lack belief in our capabilities, and ourselves our self esteem suffers. This in turn makes us feel inadequate and see everything as pointless, leaving us defeated before we even begin. That's why the correct, self-confident mindset is so important.

2. Don't be afraid.

A positive mindset gives us the determination and perseverance to overcome failures when they occur. No one can go through life without failure, but what counts is the meaning we give to those failures. If we regard them as proof that we are wasting our time and should give up then we cannot realise our true potential. Of course some failures teach us that the goal is unreachable, but knowing the difference is all-important.

3. Growth mindset.

A growth mindset leads to proactive, positive action. Even when we are unsure or unable to proceed because of lack of knowledge or skill, it will enable us to research and acquire the information and skills to succeed. By changing our mindset we can change not only our outlook in life but also the actual results we obtain in life.

Our Resilience Toolkit

Our mental resilience is very important to our wellbeing. Research tells us that resilient people demonstrate confidence, adaptability and flexibility even in a very complex and changing environment. They display energy and stamina in meeting challenging goals and draw on all areas of life to maintain a healthy and balanced perspective.



For more information about becoming more resilient and for some useful tools, visit: www.peoplenet.infocentre.rolls-royce.com/health-work/pages/017631_Rolls-Royce_Resilience%20toolkit_v2_210515.pdf

 Rolls-Royce

