

# TINY HACKS FOR HUGE HEALTH RESULTS

Make small changes to maximize your health and performance.

**SLEEP · DRINK · EXERCISE**



## DRINK

### BUT DON'T DRINK CALORIES

The more you drink, the better you'll feel. For uncompromising hydration, check out these tips.

How much water is enough?

$$0.035 * \text{your weight (kg)} = \text{number of litres you need per day}$$



#### WATER WITH A SQUEEZE OF LEMON

Water + lemon is refreshing and awesome! For extra hydration, add a pinch of salt.



**Use Himalayan salt. It contains extra beneficial trace elements.**



#### UNSWEETENED TEA (GREEN, HERBAL, OR BLACK)

Tea's benefits go far beyond hydration. Antioxidants, polyphenols, theanine and caffeine in tea can help improve your health.



#### COFFEE? REPLACE MILK WITH CINNAMON

Milk is calories. Lactose is sugar. So, avoid it. Cinnamon makes it sweeter and helps stabilize blood sugar = stable energy.



#### LIMIT DIET DRINKS TO 1 PER DAY OR LESS

Artificial sweeteners are not optimal. Try to limit them as much as you can.



#### NO SOFT DRINKS, FRUIT JUICE OR MILK

They contain tons of simple sugar. You'll get the sugar spike and the crash is inevitable.



**TRY IT FOR 2 DAYS, YOU'LL THANK US!**



Zzz

## SLEEP

Sleep is crucial for a healthy mind and body. Going without sleep doesn't just negatively affect your game - it can put you at risk for serious health issues.

**For best sleep:**



#### AIM FOR AT LEAST 7.5 HOURS PER NIGHT

Different people, different amounts. But 7.5 hours should do it for almost anyone.



#### TURN ON AIRPLANE MODE

Constant beeps, buzzes and notifications from your phone will affect your sleep, so why risk waking up? Turn them off.



#### ROUTINE

For best sleep, go to bed at the same time every day.



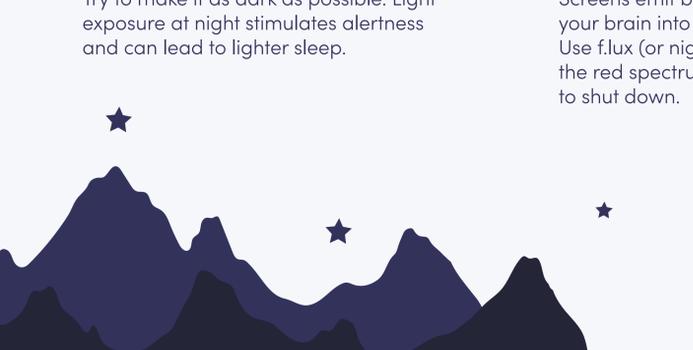
#### DARKNESS IS YOUR FRIEND

Try to make it as dark as possible. Light exposure at night stimulates alertness and can lead to lighter sleep.



#### AVOID BLUE LIGHT FROM SCREEN

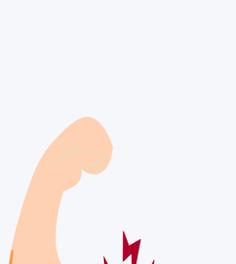
Screens emit blue light and will confuse your brain into thinking it is daytime. Use f.lux (or night-modes) to strengthen the red spectrum and signal the brain to shut down.



We will spend a lot of time contemplating the importance of sleep in near future. So definitely stay tuned.

## EXERCISE

Find opportunities for physical activity anywhere you can. Again, make little decisions each day to move and stay healthier. Getting the blood pumping flushes debris and toxins from your system - both good things. Start small and you'll see a difference in no time. Some ideas:



#### TAKE YOUR DOG FOR LONGER, MORE FREQUENT WALKS



#### OFFER TO CARRY THE HEAVIER THINGS AROUND THE HOUSE LIKE A HERO



#### VOLUNTEER TO TAKE OUT THE TRASH



**Try to carry all of it in one trip, don't be a wuss**



#### IF YOU HAVEN'T TRIED TOUCHING YOUR TOES LATELY, GIVE IT A SHOT (WE BELIEVE IN YOU)



#### DO 10-25 SQUATS BEFORE EACH GAMING SESSION

Squats are insanely awesome. They increase metabolism, improve blood flow to the brain, and greatly reduce fatigue.

