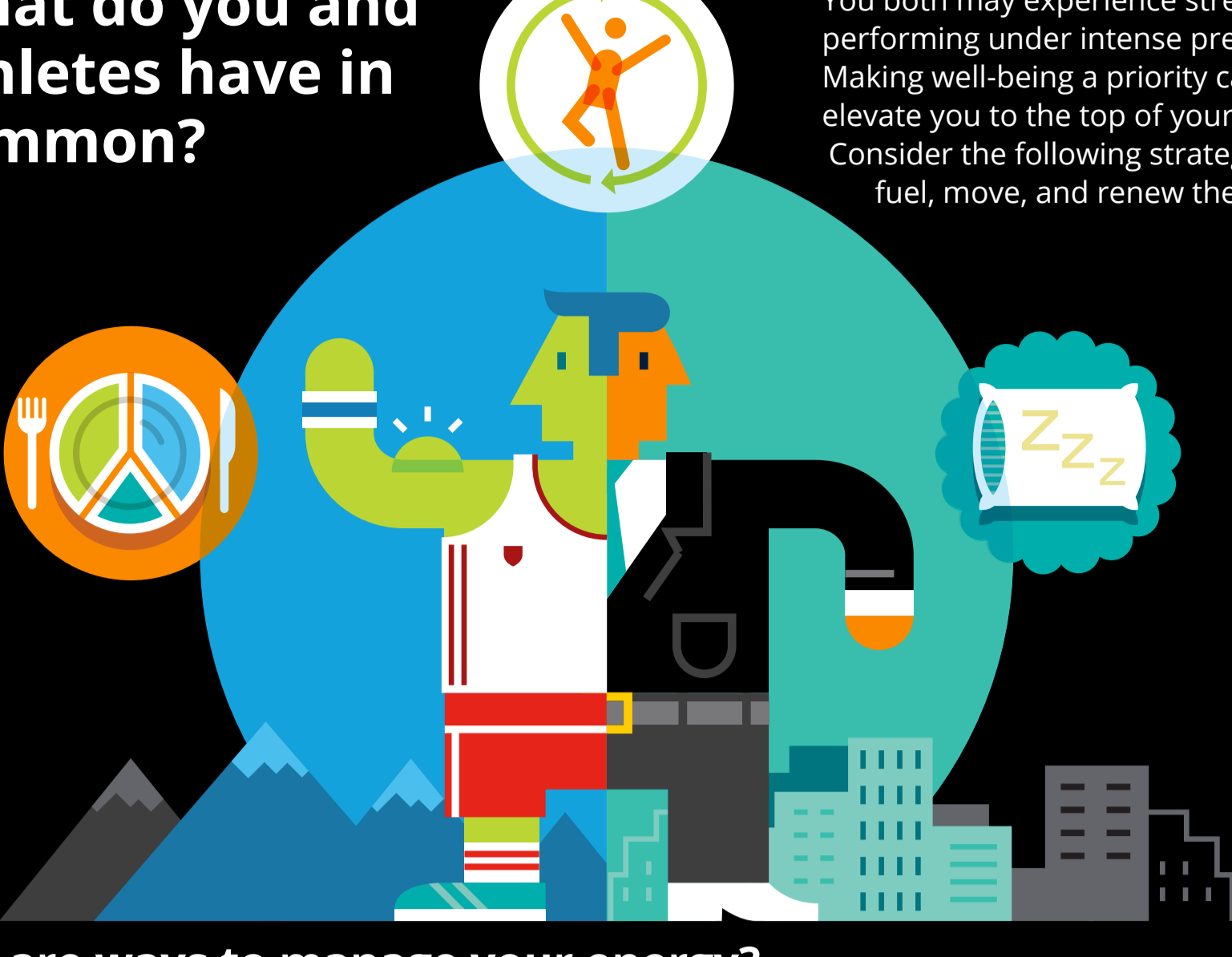


MANAGING AND EXPANDING YOUR

ENERGY

We are in the midst of a new energy crisis and this one is personal! Our on-demand, on-the-go, always-on society can deplete our energy levels and make us feel tired and foggy when we should feel engaged and focused.

What do you and athletes have in common?



You both may experience stress performing under intense pressure. Making well-being a priority can help elevate you to the top of your game. Consider the following strategies to fuel, move, and renew the body!

What are ways to manage your energy?

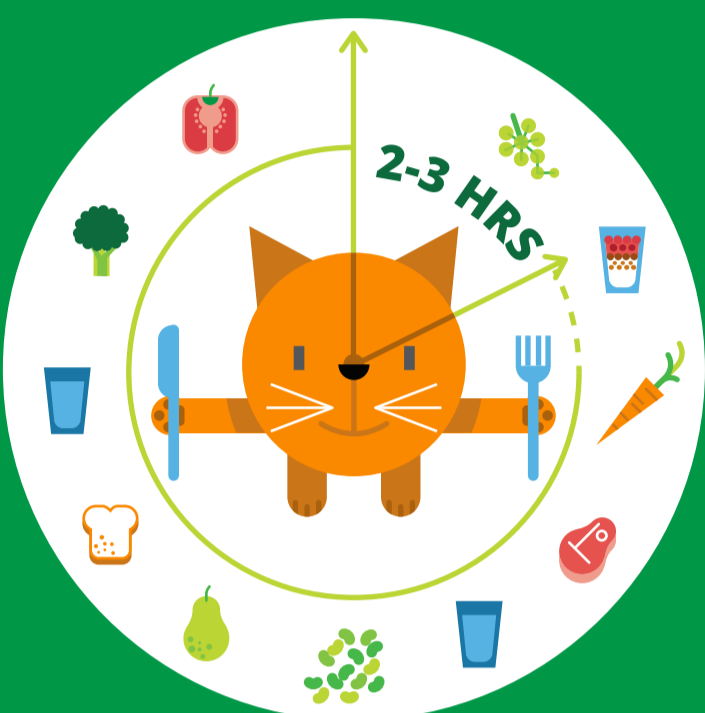
The ability to perform well is often defined by your physical, emotional, mental and spiritual energy levels. With proper strategies, you can increase energy capacity and improve performance and resilience.

Consider these training tips:

- Audit and understand your daily energy demands (where do you use your energy? What gives you energy? What drains you?). The supply and demand can change throughout the day
- Develop routines that will oscillate between energy expenditure and recovery to sustain high performance
- Build and expand energy capacity by going outside your comfort zone
- Recovery can enable growth to occur

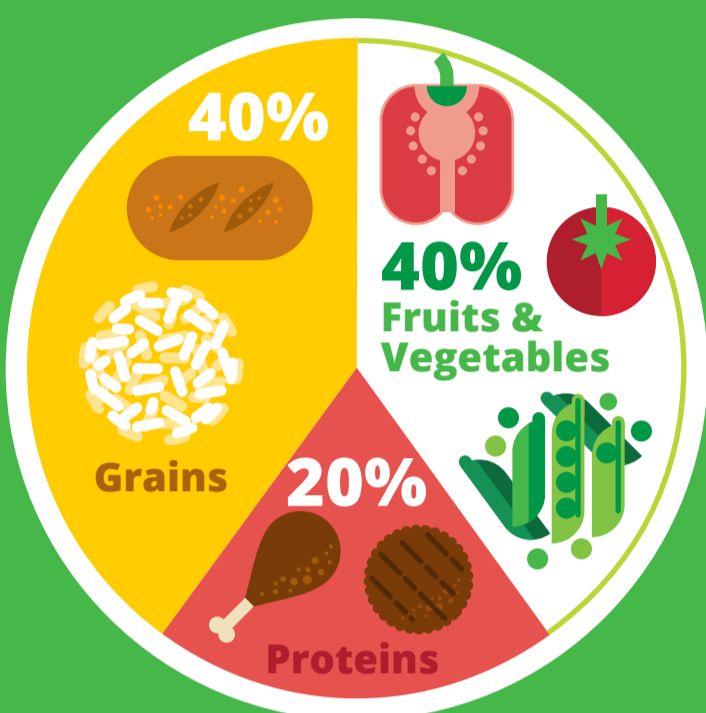
FUEL THE BODY

When you eat, food is converted to glucose (a simple sugar) and used immediately for energy. Over-eating causes the excess glucose to be converted and stored in your body and very likely as fat around your waist. Here are some ways to be strategic about what and how much to eat.



Eat Light and Eat Often (Every 2 to 3 hours)

Only eat what you need to fuel your body for the next 2-3 hours. This helps to stabilize blood glucose levels, improve energy levels, brain function and mood, it might also control cravings, decrease the likelihood of overeating, maintain muscle mass and prevent excessive fat storage.*



Peace Plate (40%/40%/20%)

Generally, our meal portions are too large. For each meal, we only need two palm size of Grains, two palm size of Fruits & Vegetables, and one palm size of Protein.*



80/20 Rule:

At least 80% of the volume of food you eat each day should provide the necessary nutrients for function and health.*

SNACK EXAMPLES THAT ARE ABOUT 100 - 150 CALORIES*	
• 1 YOGURT	
• 15 ALMONDS OR CASHEWS	
• 1/2 NUTRITION BAR	
• 1 OZ. OF CHEESE	
• 1 LARGE APPLE, PEACH OR PEAR	
• 1 TABLESPOON OF PEANUT BUTTER	
• 9 BABY CARROTS WITH 2 TABLESPOONS OF HUMMUS	
• 1/2 CUP OF UNSHELLED EDAMAME	
• 2 CUPS OF AIR POPPED POPCORN	

Strategic Snacking

Between breakfast, lunch and dinner, you can boost your energy level with healthy snacks* (Maximum of 100 - 150 calories)

TIPS FOR EATING LESS:

- Use smaller plates
- Eat slowly and chew each bite thoroughly
- Fully engage while eating; no TV, email or work
- Periodically assess your satisfaction level
- Eat favorite foods first
- Stop eating as soon as you are full

MOVE THE BODY

Movement is one of the most powerful stimulators of energy capacity production available to the body. The impact of movement and exercise—even small movement throughout the day—can be profound and beneficial to your well-being by boosting your energy level and stimulating your mental capacity.



Make small movements and stretch throughout your day

- Seated yoga
- Neck stretch
- Foot rotation/stretch
- Arm/hand rotation/flexing
- Stand while on the phone
- Use a standing desk
- Walking meetings
- Taking the stairs
- Parking farther away



When you move more, you can feel better

- Benefits include:
- Increased metabolism
 - Increased energy levels
 - Increased engagement
 - Improved cognitive function
 - Enhanced feelings of well-being
 - Decreased muscular tension/discomfort



Exercise can keep you energized

Flexibility Training: Stretching and elongating muscles to maintain or increase range of motion (eg: yoga, Pilates, tai chi, various stretching exercises)

Aerobic Training: Continuous movement using large muscle groups (eg: walking, swimming, hiking, cycling, running, dance and various "cardio" classes)

Resistance Training: Pushing, pulling, carrying, or lifting a challenging load to increase muscle strength (eg: free weights, weight machines, resistance band or just your own body weight)

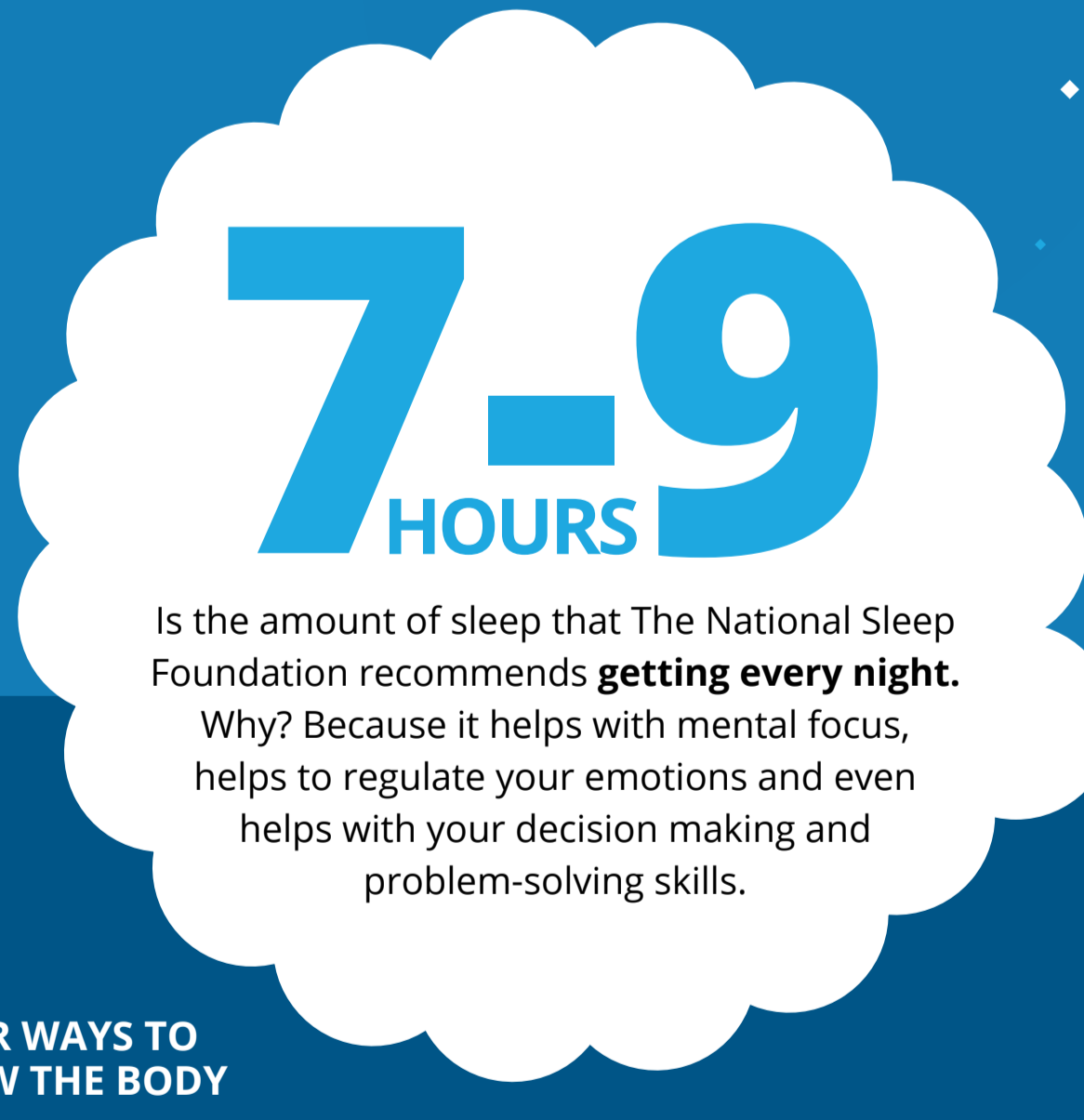


Too much sitting can have unintended consequences

- Poor posture
- Weight gain
- Back and neck strain
- Heart disease
- High cholesterol
- Diabetes
- Muscle and bone degeneration

RENEW THE BODY

When you are sleep deprived, your cognitive function is compromised affecting your mood, ability to focus, and general health. Proper rest and recovery allows the body to replenish energy and repair damaged tissues, while boosting your mental health and cognitive abilities.



Better sleep rituals:

- Prepare your body for rest by practicing a restful nighttime routine
- Technology free zone—Digital screens may interfere with your circadian rhythms making it harder to fall asleep
 - Practice relaxation exercise or meditation
 - Avoid caffeinated beverages (Coffee and Sodas) in the evenings

OTHER WAYS TO RENEW THE BODY

Treat at the Spa: Treat yourself to a massage or other spa treatment.

Energy breaks: Athletes call it interval training—a series of workouts interspersed with periods of rest and recovery. Build in microbreaks throughout your day. Take a short break every 90-120 minutes. Eat a snack, call your loved ones, try some short mindfulness meditation, or get moving.

Invest in sleep: Create an environment conducive to sleep with blackout shades, a comfortable mattress, a cool room or a white noise machine. The quality of your restful sleep is just as important as the number of hours you sleep.

When you learn to manage your energy, you can perform at your best. You'll be physically energized, emotionally connected, mentally focused, spiritually aligned, and committed to your mission!



Note

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About Empowered Well-being

Empowered Well-being is Deloitte's holistic approach that gives our people the support and flexibility to make daily choices that can enable them to be energized, confident, and aware. It provides the opportunity for our people to personalize their experiences in the ways that matter most to them in body, mind, and purpose.

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