

Living on WELL Street Blog: **“Train to Win!”**

By Kim Ramos, WELL Street Partners

***“Never underestimate the power of dreams and the influence of the human spirit. We are all the same in this notion: The potential for greatness lives within each of us.”*** – Wilma Rudolph, Winner of 3 Gold Medals at the 1960 Rome Olympic Games

With the 2014 Winter Olympic Games in Sochi, Russia around the corner, the world’s attention will soon be focused on athletes who have prepared long and hard for the chance to compete for Olympic gold. In order to be the best, these dedicated athletes have spent years perfecting skills and techniques, building speed, endurance, stamina, and balance through rigorous physical training, strict diets, and adequate rest and recovery. What if each and every one of us “trained” for greatness at our jobs? Alongside our team of co-workers, imagine the productivity if all reached their potential at the roles we play within our organization.

Regardless of the work setting, we corporate or industrial athletes can give our best performance at work when we develop optimal lifestyle habits. Athletes need:

1. To eat a well-balanced diet of fresh fruits and vegetables, lean proteins, whole grains, and healthy fats, while drinking at least 9-12 glasses of liquids per day. Good food and hydration fuels the body, enabling peak performance.
2. To perform daily aerobic exercise that elevates the heart rate, increases oxygen throughout the body and tones muscles. Developing a routine that incorporates massage, stretching and strengthening exercises will work to prevent repetitive strain injuries, and keep energy and endurance levels high, while maintaining flexibility and mobility.
3. To get sufficient nightly sleep, 7-8 hours for most adults. Sleep is essential for all systems of the body to rest, recover, and rejuvenate.
4. To manage stress. Stress can enhance performance, but chronic stress can debilitate the body over time. A positive mental attitude, deep breathing, meditation, guided imagery, and laughter are some techniques for mediating the effects of stress on the body and improving health.

Most of us spend 8 or more hours a day working to make a living. If we dream of BEING THE BEST and WINNING in life, daily training through healthy eating, exercise, sleeping well and managing stress WILL lead to the achievement of our own gold medals-- happiness, well-being and success.

Train WELL!

Kim