

# MATCHFIT@40



# MATCHFIT IN SPORT

*“Being able to play and compete at a consistently high level.”*

# **MATCHFIT@40**

***“Continuing to perform at your best by stimulating your body and brain to be fit for work and life.”***

***“Being able to negate biological decline of the body and brain post 40 years of age.”***

# CHANGES WITH 'MATURITY'



## #whatevs

- Body is resilient
- Weight management easy (natural metabolism)
- Energy levels high
- Bounce out of bed despite lack of sleep/recovery
- Optimal hormone production (Hgh, DHEA, testosterone, oestrogen)
- Homeostasis within body easily achieved

## Slowing Down

- Metabolism starts to slow
- Energy levels drop
- Weight management harder (love handles/muffin top)
- Don't bounce out of bed as easily
- Health concerns appear (over weight, compromised immunity)
- Skin starts to age
- Signs of stress, anxiety and depression may appear

## Danger Zone

- High blood pressure, blood glucose, cholesterol, insulin
- Decreased muscle mass
- Hormonal changes
- Lower max HR, lung capacity
- High visceral fat in men (dangerous)
- Low bone density (women)
- Cognitive decline (decreased memory, exec functioning, processing speed)
- Episodic anxiety or depression

## Disease Expression

- Musculoskeletal injuries
- Diabetes
- Heart disease
- Cancer
- Stroke
- Osteoporosis
- Mental Health

# 40 = THE PERFECT STORM

1. Promotion to senior roles (Partner)
2. Relationships\* and family life
3. Decrease in physical activity
4. Natural biological changes

# CHANGES IN WOMEN

1. Managing weight and fitness
2. Changes (pregnancy/menopause)
3. Finding time without feeling guilty
4. Osteoporosis

*Reference: Sabine Schleicher*



## Psychology

The way you think



### What will be covered?

- Creating self-awareness
- Successfully setting goals
- Understanding your strengths
- Building positive relationships
- Developing mental agility
- Learning to change

### What can I achieve?

- Life satisfaction
- Positivity
- Confidence
- Happiness
- Goal attainment
- Motivation
- Mental toughness

## Productivity

The way you work



### What will be covered?

- Getting sorted
- Controlling information flow
- Planning workflow
- Applying physiology to your work
- Learning mindfulness

### What can I achieve?

- Engaged
- Mindful
- Efficient
- Effective
- Energised
- Worklife balance
- Focused

# High Performance

Four key elements

## Physiology

The way you eat and move



### What will be covered?

- Developing strategic physical activity
- Eating for success
- Participating in physical activity

### What can I achieve?

- Wellbeing
- Vitality
- Self-esteem
- Concentration
- Longevity
- Endurance
- Fitness

## Recovery

The way you balance stress



### What will be covered?

- Using stress to your advantage
- Activating the relaxation response
- Beating stress with recovery
- Getting more from sleep

### What can I achieve?

- Sustainability
- Resilience
- Relaxed
- Mental clarity
- Stress management



# Productivity

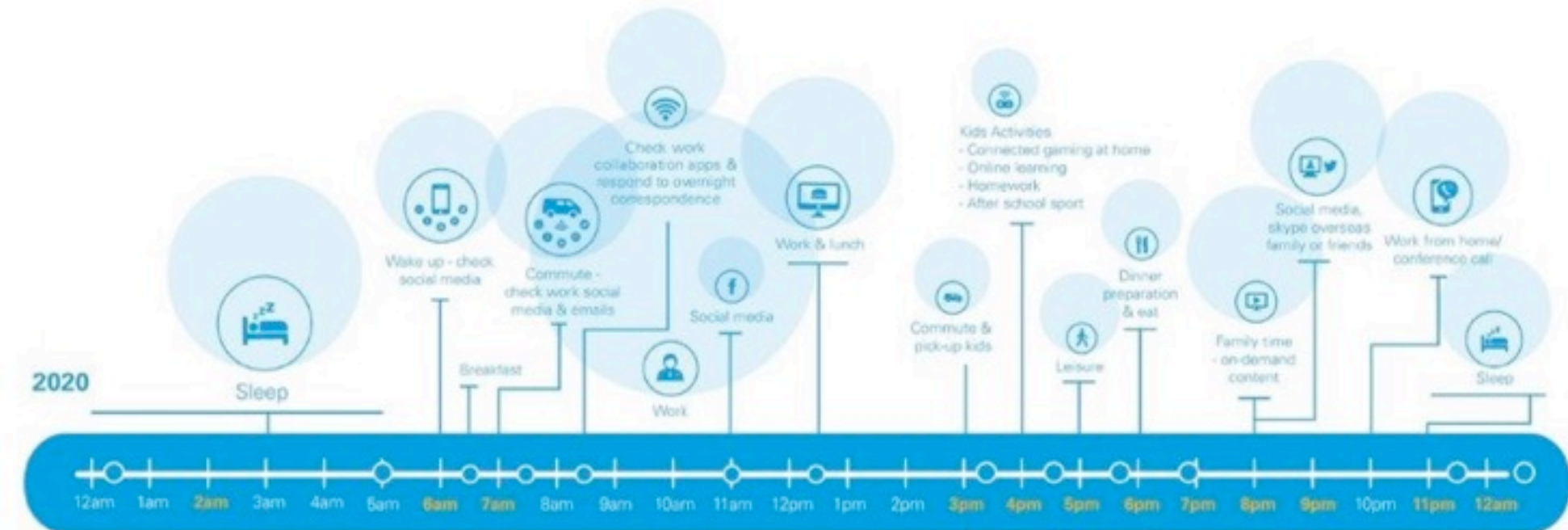
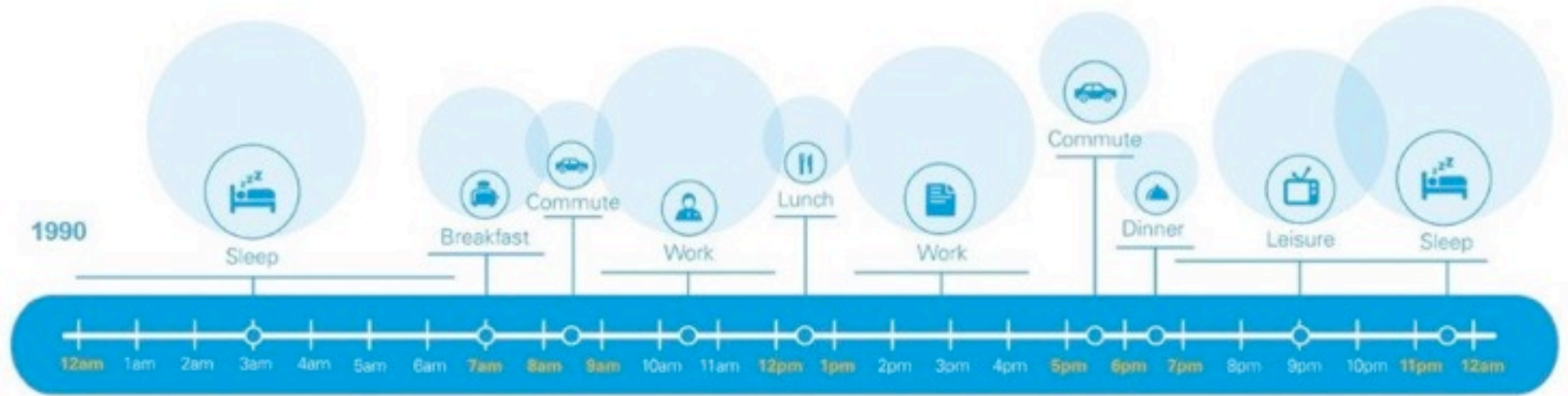
The way you work

---





# 1990 vs NOW



# LET'S GET SOCIAL



[kpmg.com.au/performanceclinic](https://kpmg.com.au/performanceclinic)



**Andrew May**



**@andrewmay**



**@fromandrewmay**



**Andrew May - Workplace Performance Coach,  
Author & Keynote**

# CONSTANT PARTIAL ATTENTION

- The average worker now gets **1 interruption every 3.5 minutes**, 60 to 70 interruptions a day
- Researchers at University of California found **11 minutes** is the maximum amount of uninterrupted time during the working day
- It takes an average of **25 minutes** to work your way back to the original task
- The average office worker now spends **2.5 hours a day** on distractions (BASEX)
- Email and interruptions pile up to almost **50%** of the average workday
- IAD (Internet Addiction Disorder)



# 5 PRODUCTIVITY BIG ROCKS

1. Weekly Plan
2. Team Meeting\*
3. Daily Warm-Up
4. Forced Isolation
5. Rearview Mirror



# Old World of Work vs New World of Work

## Old Paradigm

Manage time →

Stress is bad →

Recovery is a luxury →

Do everything you can →

Hours worked = productivity →

Uniform structure →

Available 24/7 →

Always on →

Work is done inside the office →

Managed via management →

## New Paradigm

Manage energy

Pressure is good

Recovery is a strategic advantage

Do what really matters

Working smarter = productivity

Find your Operating Rhythm

Block specific times to think

Working in waves

Work is done anywhere

Managed via results



# Physiology

The way you eat and move



**Elbillug**



# BENEFITS OF ELBILLUG JUICE

- Decreased body fat and weight loss
- Improved muscle tone and bone density
- Decreased resting heart rate and blood pressure
- Reduced cholesterol and blood sugar levels
- Decreased risk of coronary heart disease and stroke
- Decreased risk of colon cancer, diabetes and obesity
- Improved functioning of the immune system
- Enhanced stamina and endurance throughout the day
- Helps achieve a deep, restorative sleep
- Profound impact on cognitive ability and mental health
- Increased creativity and lateral thinking ability
- Forms building blocks to help stimulate learning in the brain
- Improves self-esteem and self-efficacy
- Improved sex life

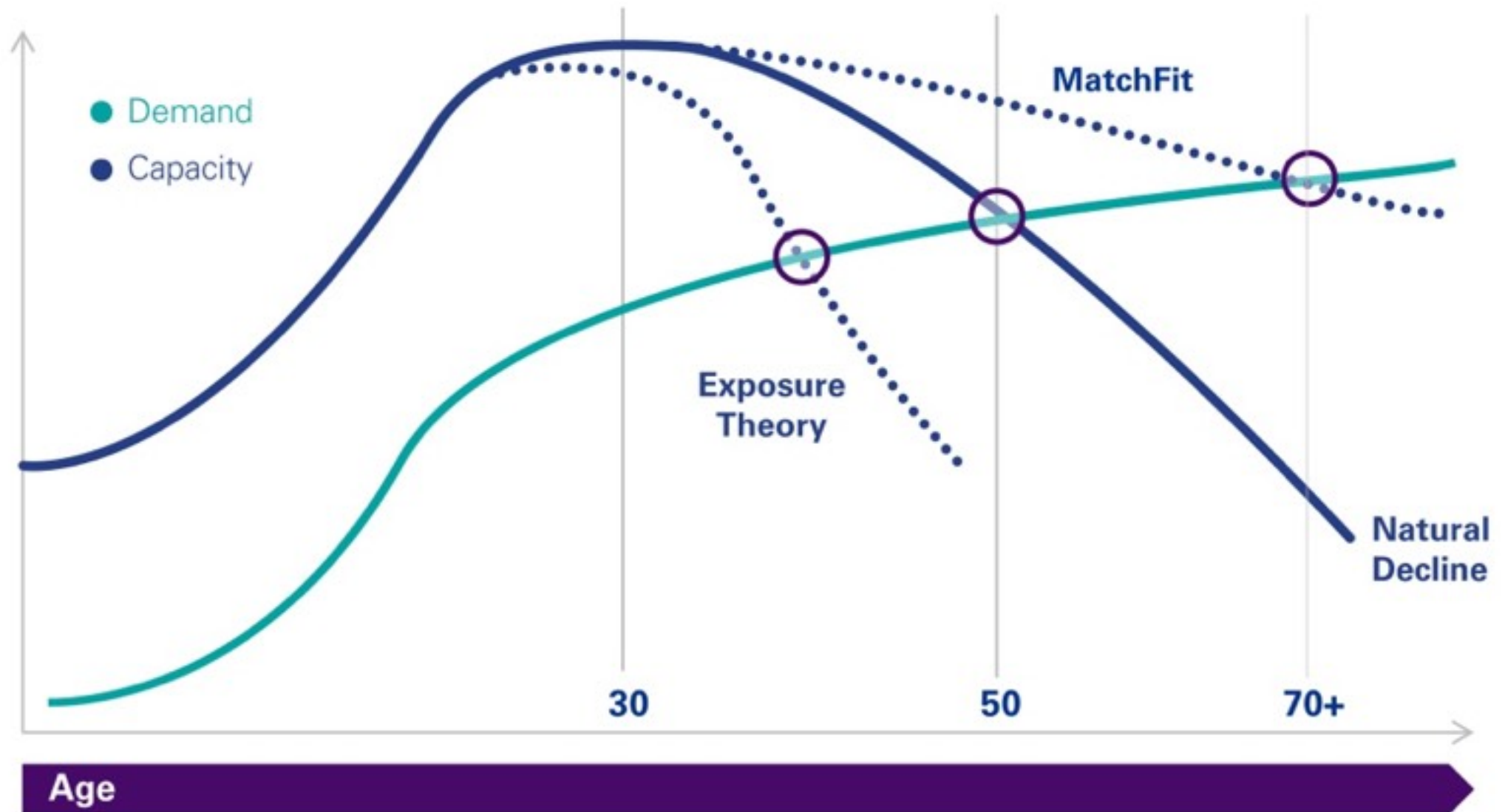
-

# PHYSICAL ACTIVITY IS NOT ABOUT THE WAY YOU LOOK

1. Brain Power
2. Boost Energy
3. Inspire Children
4. Lifts Mood
5. Healthy Retirement
6. Enhances Relationship



# EXPOSURE vs NATURAL AGEING



*“We spend our health in search of wealth; then retire and spend our wealth sorting out our health!”*

Ralph Norris, former CEO, CBA



# Physiology

The way you eat and move

---

1. Lock x 3 fitness sessions in your diary
2. Find an activity you like (or hate less)
3. 10,000 steps a day
4. Strip out sugar
5. Stop thinking, just do it!



# RECOVERY



# ATHLETE vs CORPORATE EXECUTIVE



## The Athlete

---

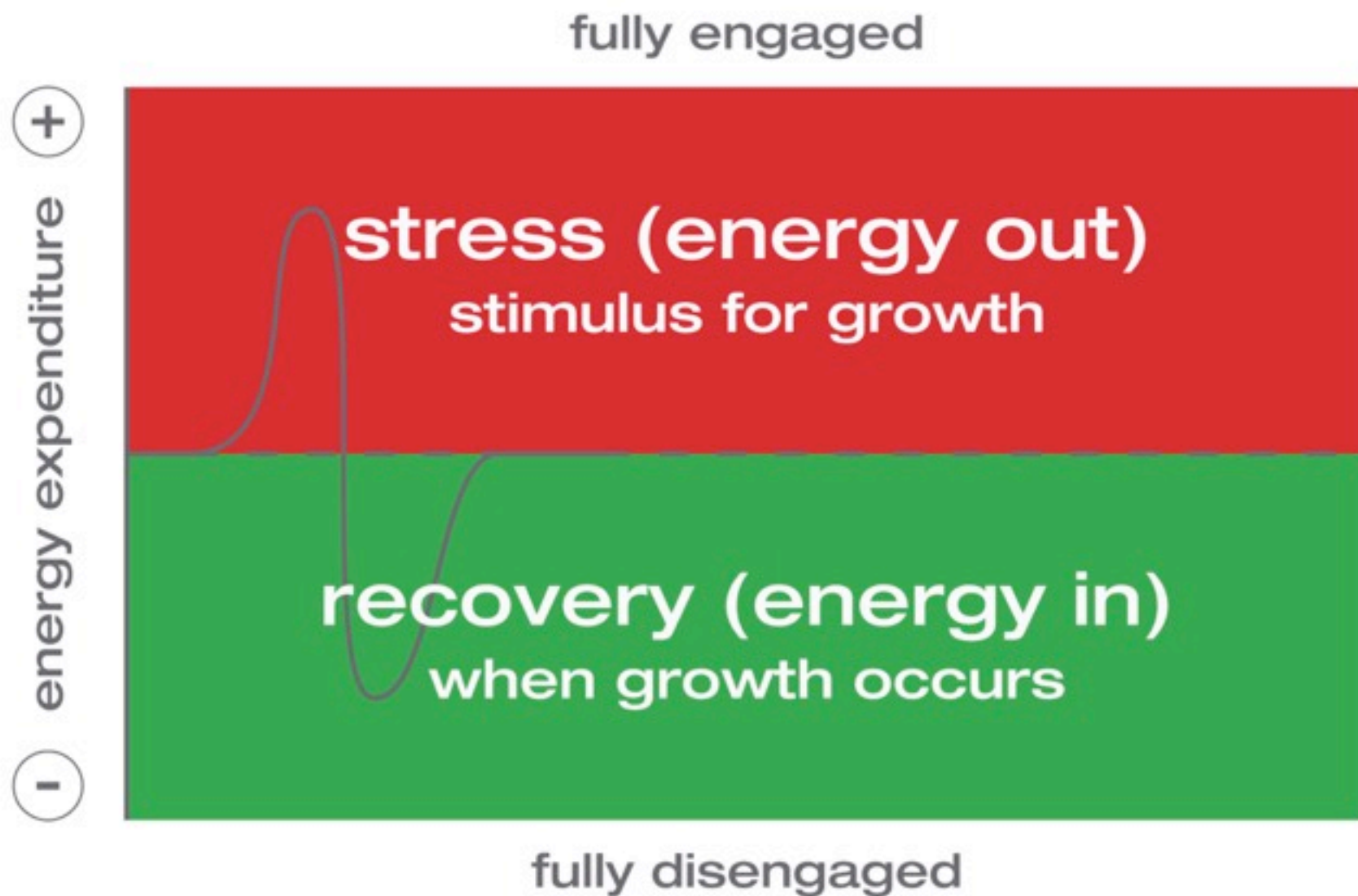
- Trains for hours each week to become MatchFit
- Competes for 10 seconds to a few hours each week
- Focuses on strategic recovery
- Periodises their training calendar balancing stress (training and competition) with recovery
- Prioritises sleep and relaxation
- Has an off-season for 2-3 months
- Has a dedicated support team, including nutritionist, sport psychologist, masseur and specialist coaches
- Career lasts approximately 10-15 years



## The Corporate Executive















---

- Little to no training each week
- Competes for 50+ hours a week
- Views recovery as luxury / unnecessary
- Crams their diary with as many tasks as possible and lives in a state of stress
- Cuts back on sleep to fit everything in
- Takes 4 weeks break a year, constantly checking technology on holidays
- Little to no support team Career lasts for 40+ years





# RELAXATION RESPONSE

Physiological State	Stress Response	Relaxation Response
Metabolism		
Blood pressure		
Heart Rate		
Breathing Rate		
Blood flow to major muscle groups		
Muscle tension		
Slow brain waves		

# LET'S GET SOCIAL



[kpmg.com.au/performanceclinic](https://kpmg.com.au/performanceclinic)



**Andrew May**



**@andrewmay**



**@fromandrewmay**



**Andrew May - Workplace Performance Coach,  
Author & Keynote**