



neurozone®



**James Smith**

Neurozone® Personal Report

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# Your Neurozone® Resilience Index



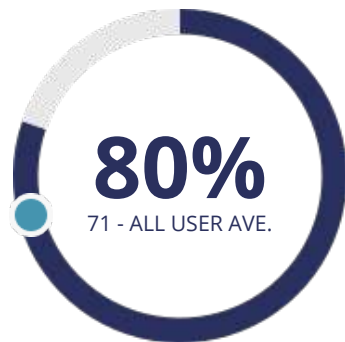
## Your Assessment Results\*

Neurozone® has assessed your current level of Resilience - that is, your innate yet dynamic capacity to adapt, learn, and grow in the face of challenges. Resilience provides the bedrock of your capacity for High Performance. It makes you more capable of consistently performing at your best in all aspects of life. Your Journey towards enhancing your Resilience and unlocking your High Performance relies on you taking certain "Paths", or cultivating certain performance-boosting behaviors and mental-emotional states. These Paths feed different High Performance Domains: Rhythms, Energy, Connectors, Transformers, and Innovators.

Your assessment results, analyzed by Neurozone®'s High Performance Code, have identified your current Neurozone Resilience Index, as well as which Paths you are excelling at and which ones you have an excellent opportunity to optimize. These Opportunity Paths have the highest potential impact on your Neurozone Resilience Index. The rest of this report indicates what these Paths are, why they are essential, and how you can work towards improving them. Doing so will enhance your Resilience and unlock your capacity for High Performance.

\*The information we provide is based on the information we receive from you and is purely there to guide you. Always seek the advice of your physician or other qualified healthcare provider before acting on any information contained in this report. Never disregard professional medical advice or delay in seeking it because of something you have read in this report.

## Your NRI and what it means



### Your NRI is in the High Moderate range

Well done! Your NRI says that you are a resilient person. You're confident in your abilities to overcome the challenges you face and to learn, grow, and adapt. Optimal mental wellbeing is well within your reach. Keep going on your recommended Paths.

## The Neurozone® Resilience Index bands

Your NRI will always fall into one of the following five bands. These have been determined by extensive research combined with rigorous statistical analysis methods.



### Peak 89 - 100

At Peak resilience a person's mental wellbeing is well-optimized, meaning that they are likely to experience minimal negative effects when faced with, and overcoming, challenges.



### High Moderate 74 - 88

A High Moderate NRI means that an optimal ability to overcome challenges, with minimal negative effects, is within a person's reach.



### Moderate 58 - 73

A Moderate NRI means there is room for a person to improve their mental wellbeing and to minimize the possibility of negative effects emerging after being faced with, and overcoming, challenges.



### Low Moderate 42 - 57

A Low Moderate NRI may be a sign that a person is experiencing some strain on their mental wellbeing and their ability to overcome challenges without experiencing negative effects.



### Low 0 - 41

A Low NRI may mean that a person is feeling overwhelmed and is experiencing real challenges to their mental wellbeing. They are advised to consider seeking professional support.

# How We Determine What You're Doing Well and Your Opportunity

On the next High Performance Domain summary pages, you will find two sets of information:

- One is a circular bar chart of Paths and scores showing how well you are doing on your Paths to enhancing Resilience and unlocking High Performance.
- The other set appears underneath each of these circular charts and tells you What You're Doing Well and what Your top Opportunity is in the Domain.

## Determining What You're Doing Well

Please note that the Path shown in this section is not necessarily your top Path or the Path in which you achieved the highest score. It is a Path that you're doing well at that also has the highest potential impact on your Resilience and capacity for High Performance, according to the Neurozone® High Performance Code.

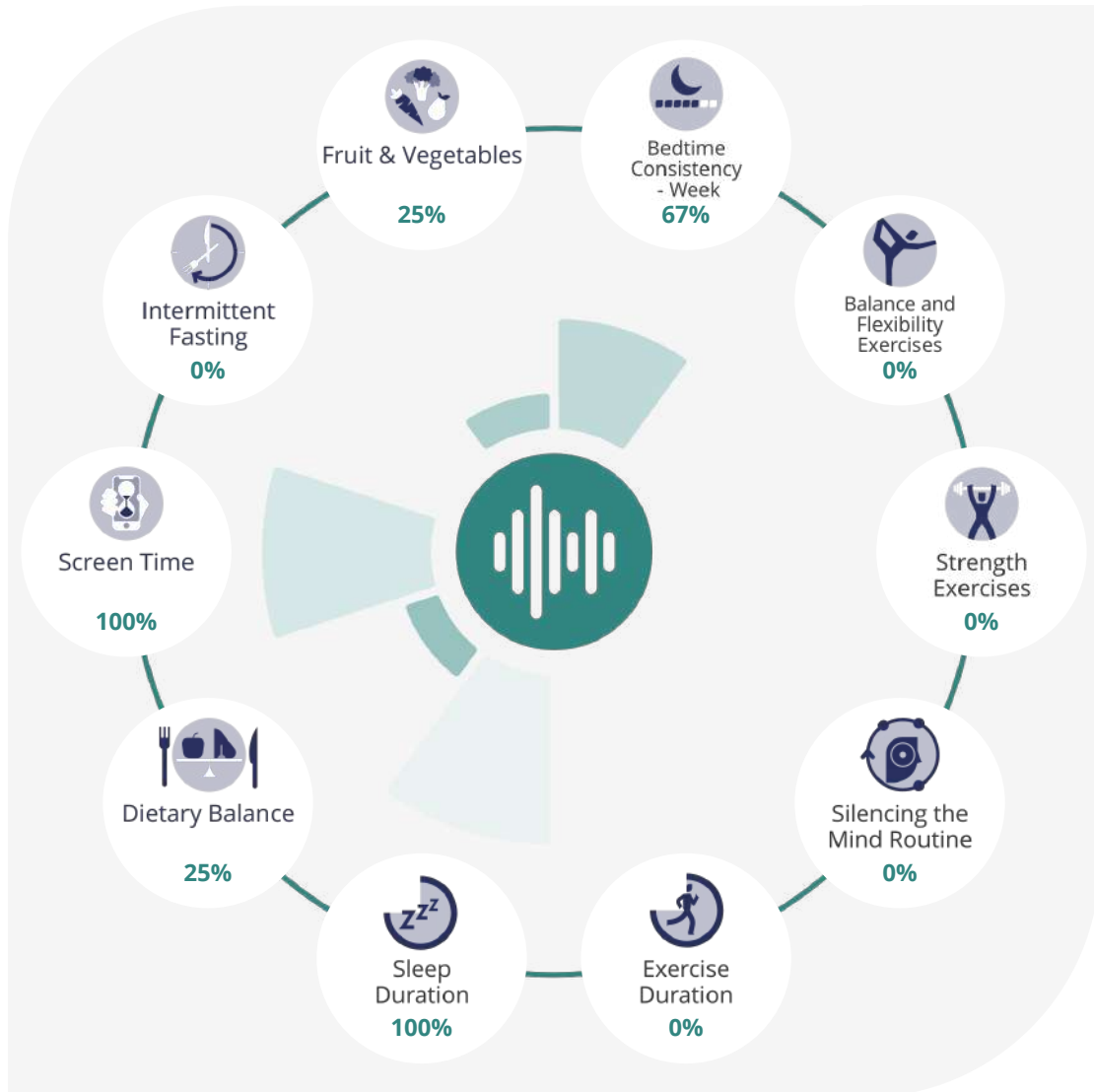
## Determining Your Opportunity

Please note that the Path shown in this section is not necessarily the Path in which you achieved the lowest score. It is the one least optimized that also has the greatest potential to improve your Resilience and capacity for High Performance, as determined by the Neurozone® High Performance Code.

# Your Domain Summary



HIGH PERFORMANCE  
**RHYTHMS**



## What you're doing well

**Sleep Duration:** Sleeping for fewer than 7 hours per night is associated with certain health-related issues, such as excessive weight gain, diabetes, heart problems, and depression. It can also cause a variety of cognitive problems, for example, impairments in attention, processing speed, decision-making, memory performance, and emotion regulation. While sleeping for more than 9 hours can be appropriate for certain groups of people, there is some evidence to indicate that it can also pose health risks.

## Your Opportunity

**Silencing the Mind Routine:** Silencing the Mind Routine refers to how often you engage in the practice of mindful meditation (being present in the moment, enhancing focus, and observing thoughts and emotions without reacting). Silencing the Mind takes you out of the stress response and moves you into a relaxed physiological state, thereby improving your mood and ability to deal with daily challenges. It also allows your brain to operate well in the higher orders of thinking, improving your attention, creative problem-solving, and overall cognitive performance.

# High Performance Rhythms Explained



## HIGH PERFORMANCE RHYTHMS

The whole brain- body system works rhythmically. Our brain secretes hormones and their precursors in cyclic phases; our brainstem regulates life itself through the rhythms of breathing, heart rate, hunger and thirst, sleep and wake; and even some of our organs operate according to day-night cycles. Observing, optimizing, and cooperating with our brain-body rhythms is therefore not only a natural imperative, but a crucial key to enhancing Resilience and unlocking High Performance.

### The Rhythms Domain consists of the following:



**Bedtime Consistency - Week** refers to whether you maintain more or less the same bedtime over the weekdays.



**Balance & Flexibility Exercises** refers to whether you do balance- and flexibility-type exercises (e.g., yoga, Pilates, tai chi) on a weekly basis.



**Strength Exercises** refers to whether you do muscle-focused or resistance training on a weekly basis.



**Silencing the Mind Routine** refers to practicing mindfulness meditation on a regular basis.



**Exercise Duration** refers to whether you do adequate amounts of physical exercise (2.5-5 hours) on a weekly basis.



**Sleep Duration** refers to whether the amount of sleep you get falls within the established standards of 7-9 hours/day.



**Dietary Balance** reflects whether you eat a variety of different foods.



**Screen Time** reflects how much time (outside of work) you spend on digital screens.



**Intermittent Fasting** refers to abstaining from eating (or ingesting calories) for periods longer than the usual one that happens while we sleep.

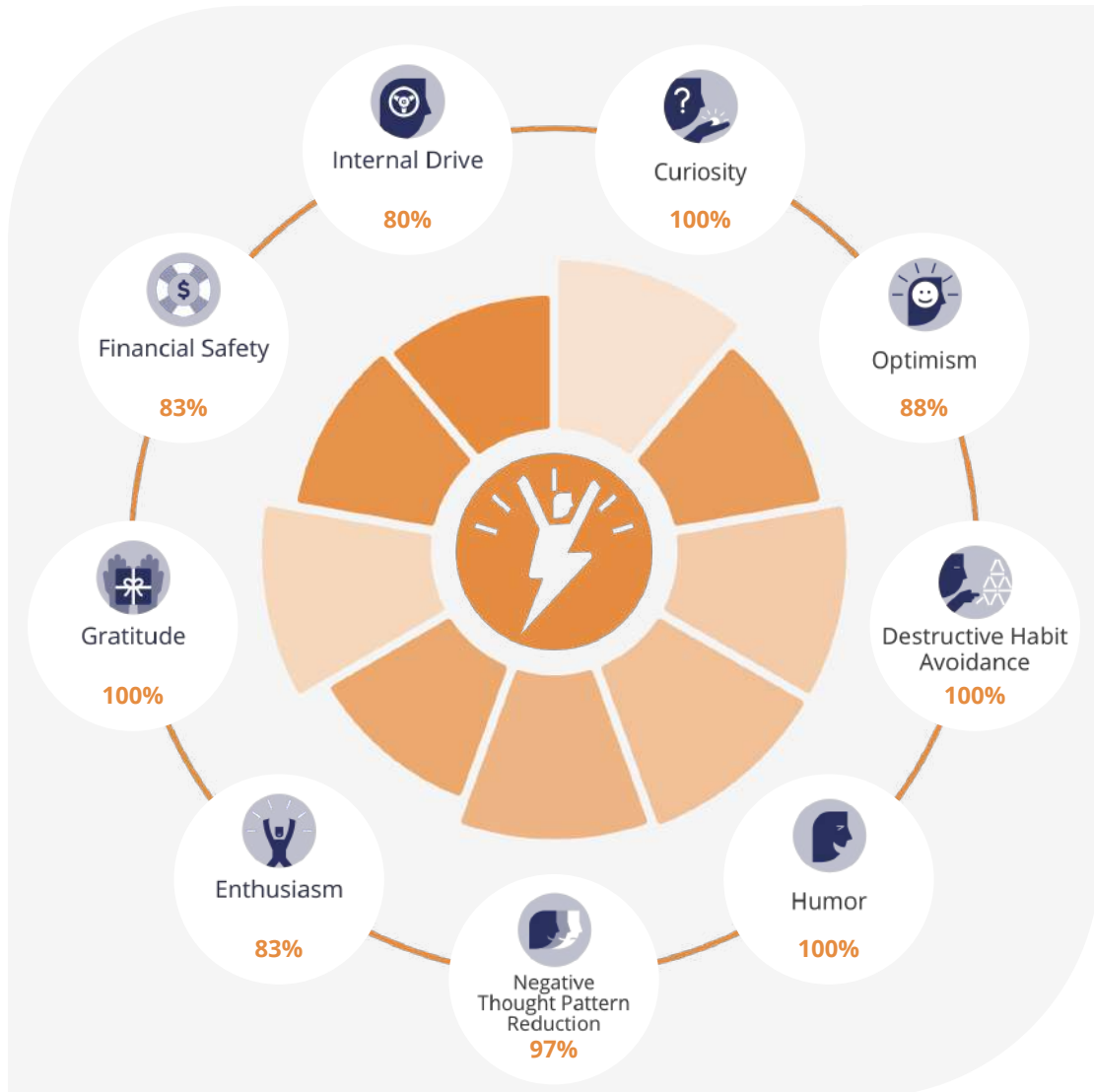


**Fruit and Vegetables** measures how many portions of these kinds of foods you eat daily.

# Your Domain Summary



HIGH PERFORMANCE  
**ENERGY**



## What you're doing well

**Humor:** Humor strengthens your relationships with others and increases your sense of well-being. The positive mood state that Humor induces can help protect you against symptoms of anxiety and depression. Humor also facilitates positive experiences with others, which in turn strengthens your social support networks.

## Your Opportunity

**Internal Drive:** Feeling like you are performing well in your job sends reward signals to your brain, which increases your sense of motivation, self-efficacy, and satisfaction, thereby enabling you to continue to do well - or even better. The components of Internal Drive therefore all positively reinforce each other in a cyclical way. This means that, if you take steps to improve one aspect, you can effectively improve all of them, and your overall professional well-being will soar.

# High Performance Energy Explained



## HIGH PERFORMANCE ENERGY

Energy regulation is a key requirement of our biological brain-body systems. We need to optimally assign our limited amounts of energy to the right tasks. Positive emotional states maximize the amount of energy we can assign to tasks, while negative emotional states block, leak, or deplete our energy reserves, leaving us under-fuelled for goal achievement. We, therefore, need to cultivate and prune certain mental-emotional conditions to optimize Resilience and unlock the greatest capacity for High Performance.

### The Energy Domain consists of the following:



**Curiosity** refers to how inquisitive, questioning, and motivated to learn you generally are.



**Optimism** refers to being able to feel or see that all challenges and stressors can be overcome.



**Destructive Habit Avoidance** refers to whether you do not engage in self-destructive activities or take addictive substances.



**Humor** refers to whether a humorous perspective features in your daily interactions and activities.



**Negative Thought Pattern Reduction** refers to whether your mind is not predominantly characterized by negative, limiting, reality-distorting thought patterns.



**Enthusiasm** reflects whether you are generally eager, can motivate others around you, and get easily inspired.



**Gratitude** means being appreciative of all the things that bring value and meaning to your life.



**Financial Safety** refers to whether you feel secure or worried about your financial affairs, and/or whether you see ways out of financial troubles.



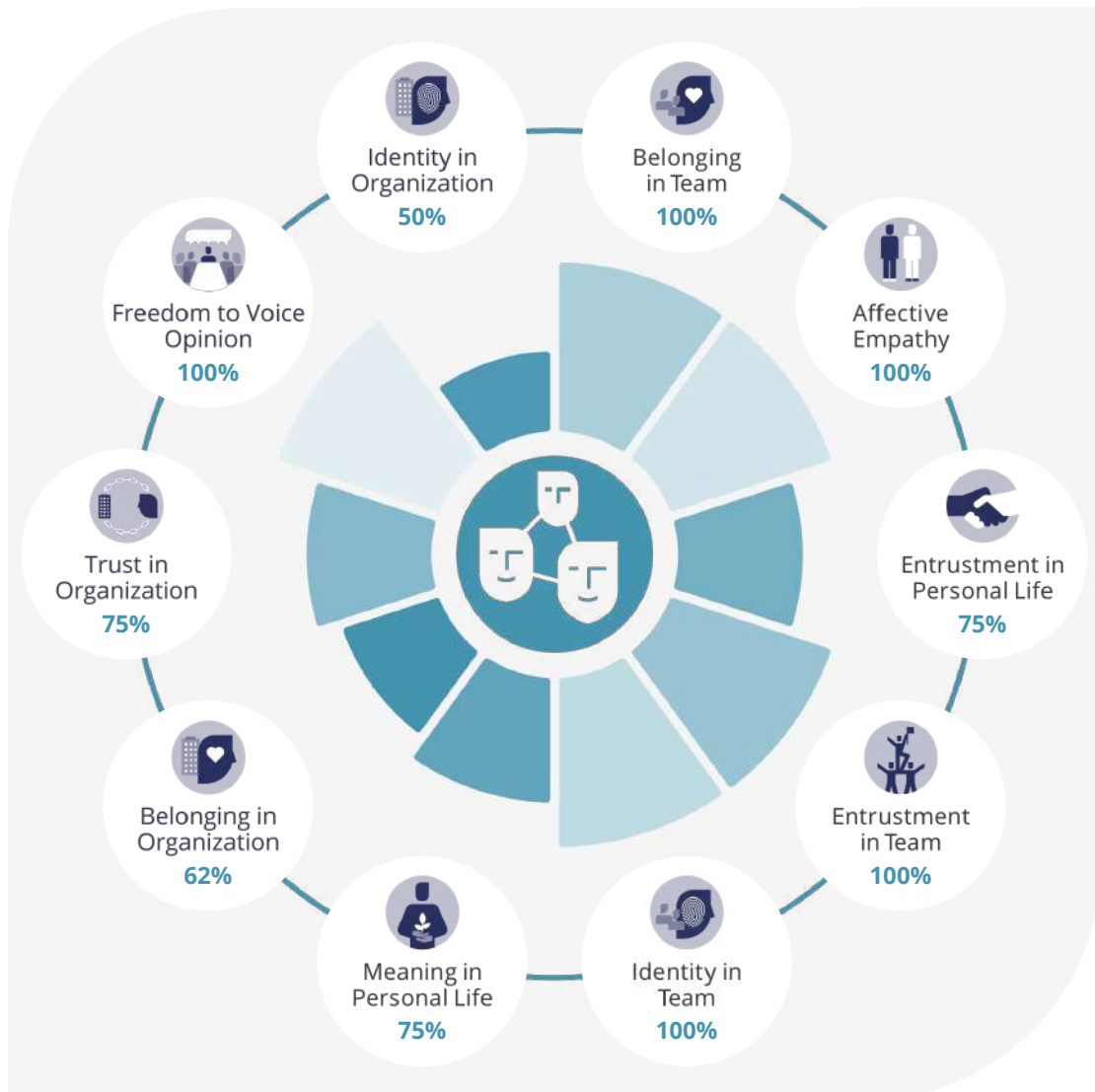
**Internal Drive** represents a combination of your senses of self-efficacy, confidence, meaningfulness, engagement, and dedication when it comes to your work.



# Your Domain Summary



HIGH PERFORMANCE  
**CONNECTORS**



## What you're doing well

**Belonging in Team:** Belonging in Team reflects feeling connected to and accepted by your work colleagues; that you belong to the same psychological 'tribe'. Belonging in Team boosts the positive emotions you experience in the workplace, as well as your willingness to cooperate, collaborate, and lean on each other for social and professional support. It therefore increases the resources you have for overcoming challenges, and boosts your job and life satisfaction overall.

## Your Opportunity

**Belonging in Organization:** This Belonging enhances your sense of purpose and increases the extent to which you feel there is professional and personal support available to you. It boosts your positive emotions at work, ability to collaborate with others, and capacity to overcome challenges, and it decreases the likelihood that you will withdraw or become demotivated. It therefore contributes to not only your job satisfaction, but your life satisfaction overall.

# High Performance Connectors Explained



## HIGH PERFORMANCE CONNECTORS

Feeling genuinely interconnected is essential for our survival. Being isolated and disconnected from others resembles a mid-brain response very similar to hunger. We also often rely on one another for instrumental, emotional, and material support to accomplish our goals. Hence, we need to nurture interpersonal adhesives like belonging, entrustment, and empathy. Otherwise, we can neither attenuate our stress well enough nor obtain the resources necessary for our Resilience and High Performance.

### The Connectors Domain consists of the following:



**Belonging in Team** means having a sense of connectedness and interdependence with your work-team members.



**Affective Empathy** refers to being able to identify, understand, and experience another person's emotions.



**Entrustment in Personal Life** means having personal relationships that are mutually confiding and emotionally supportive.



**Entrustment in Team** means having work-team relationships that are mutually confiding and emotionally supportive.



**Identity in Team** means having a clearly defined role and a well-aligned value system with your work-team members.



**Meaning in Personal Life** refers to having a sense of purpose in life, a meaningful role in your family and friend groups, and making meaningful contributions therein.



**Belonging in Organization** reflects whether you feel a sense of belonging with and acceptance among others within your organization.



**Trust in Organization** reflects whether you have trustful, reliant relationships with people in your organization.

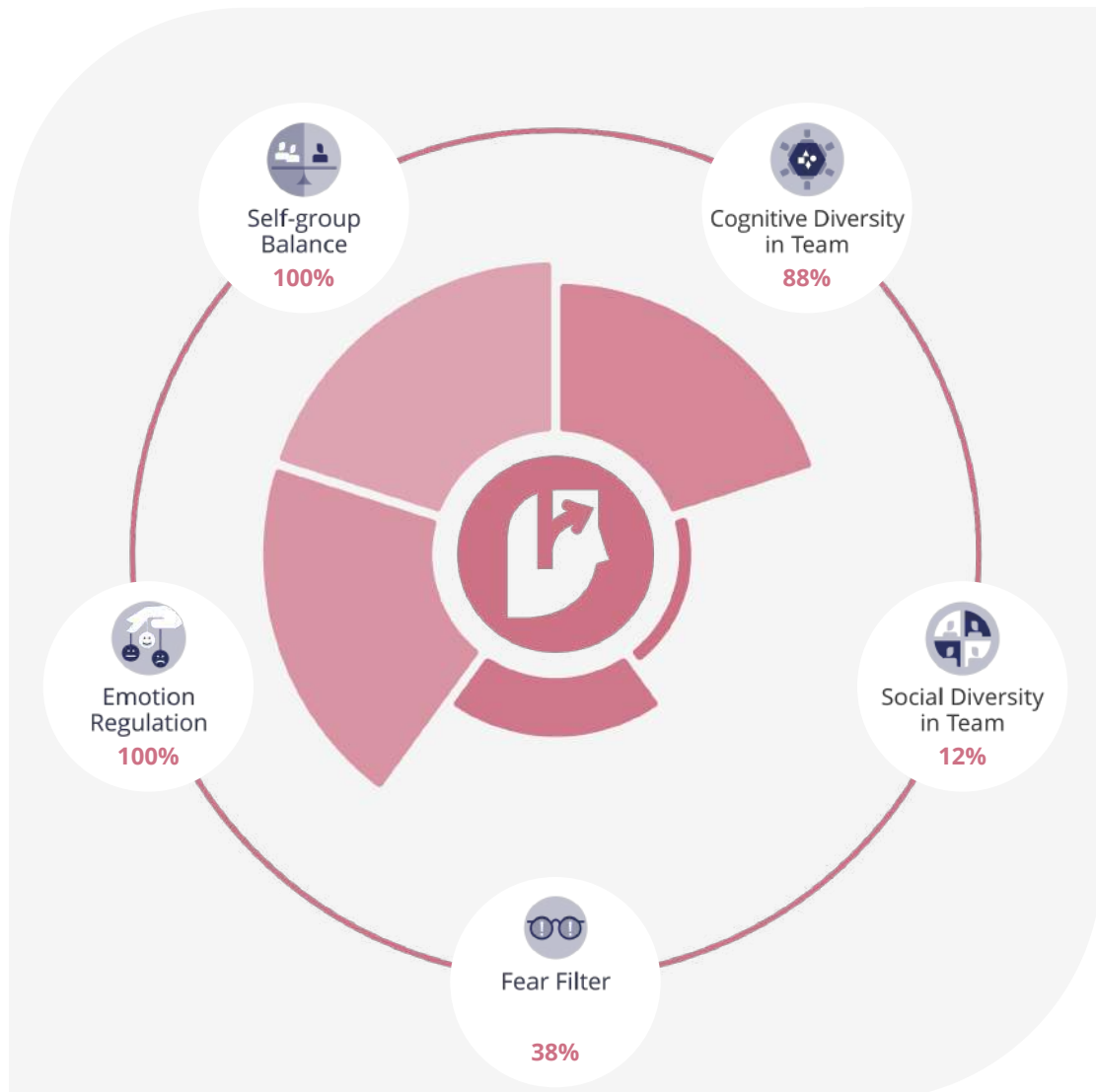


**Freedom to Voice Opinion** reflects whether all members of your work team feel free to voice their opinions and actively participate in important discussions.



**Identity in Organization** reflects whether you have a strong sense of your identity in your organization and whether you share interests/values/beliefs with the people in it.

# Your Domain Summary



## What you're doing well

**Emotion Regulation:** People who have good emotional differentiation (are able to feel/know the difference between related emotions, like frustration versus disappointment) are more able to adjust their emotional responses. This is because it is easier to determine the "best" response to an emotion if we know what that emotion specifically is. Because better emotion regulation means having better responses, it improves your interpersonal relationships, social support network, mood, and overall well-being.

## Your Opportunity

**Social Diversity in Team:** Social Diversity in Team represents there being a variety of demographic characteristics (e.g., cultural, ethnic, and linguistic backgrounds, genders, and family types) among members in a team. Because differences in these characteristics are associated with more diverse experiences and viewpoints, Social Diversity in Team increases the availability of perspectives in problem-solving. Hence, it has been found to improve several performance-related factors, such as error correction and financial gain.

# High Performance Transformers Explained



## HIGH PERFORMANCE TRANSFORMERS

Transforming mental perspective is an integral link in embodying Resilience and High Performance. We must ensure that our minds remain in tune with the ever-changing external environment while monitoring our internal needs and staying on course with the goals we have set. Without cultivating this mindful and intentional awareness, we are likely to keep reacting from a default, unconsciously learned position. To perform resiliently and highly, we need to interpret and respond optimally to what is happening around us in every present moment.

### The Transformers Domain consists of the following:



**Cognitive Diversity in Team** measures whether there is diversity in fields of expertise, skills, and knowledge amongst team members.



**Social Diversity in Team** measures whether there is diversity in social demographic characteristics amongst team members.



**Fear Filter** reflects whether you automatically feel tense when you encounter changes or something new.



**Emotion Regulation** refers to whether you can adjust, switch, or hold back your emotional responses if a situation requires it.

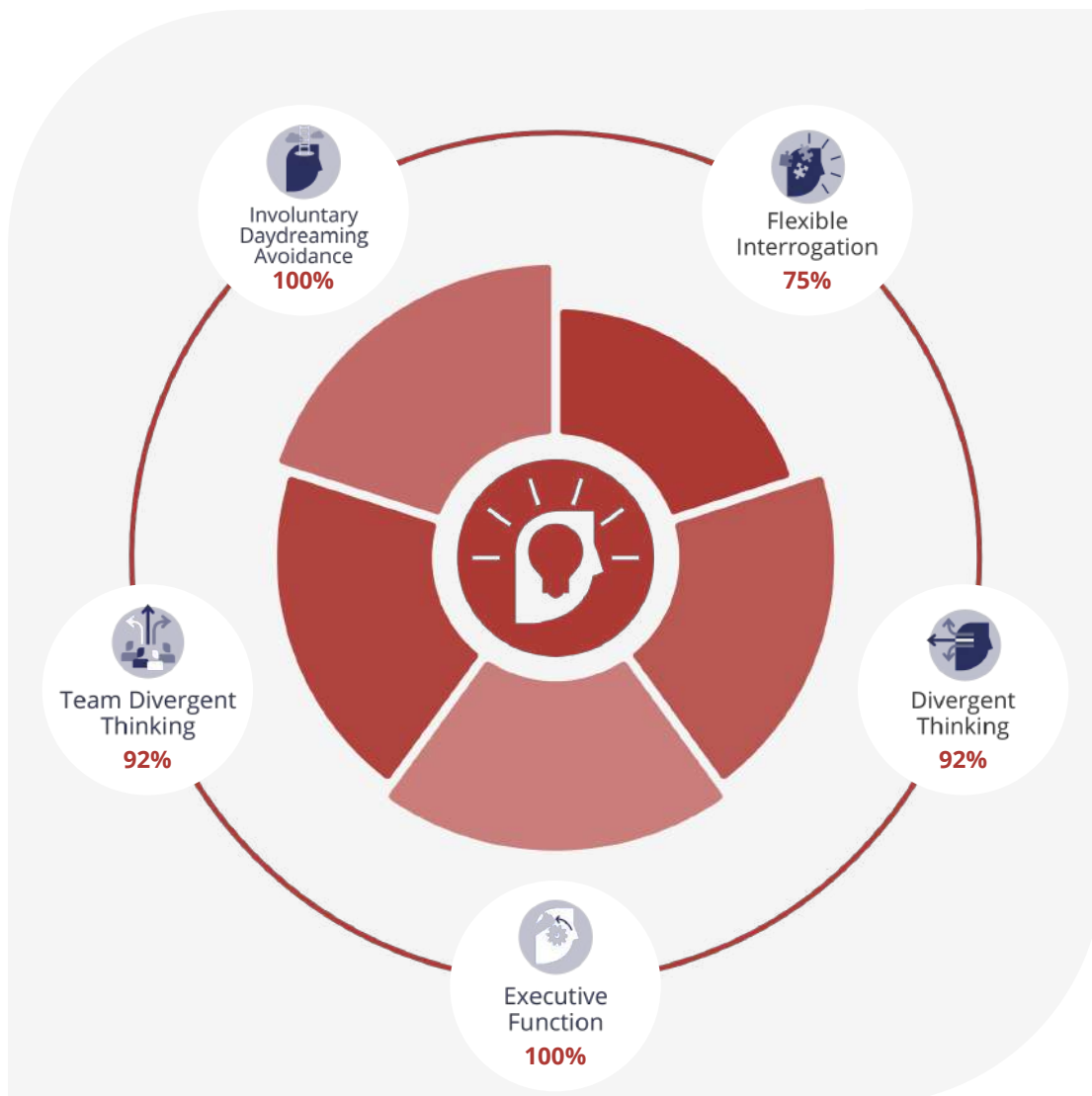


**Self-Group Balance** reflects whether you believe others' needs and goals are as important as yours, or you compete/pursue your own success to the detriment of others.

# Your Domain Summary



HIGH PERFORMANCE  
**INNOVATORS**



## What you're doing well

**Executive Function:** Many if not all work- and study-related tasks rely on them. Improving these functions will therefore improve your job and/or study performance, resulting in increased job satisfaction, confidence, and Resilience. It is therefore important to engage in activities that require your working memory, processing speed, and thinking flexibility, and to gradually increase the difficulty of these activities so that your executive functions are healthily challenged to remain sharp.

## Your Opportunity

**Flexible Interrogation:** When you Flexibly Interrogate a problem (i.e., think critically about how to reach a solution from many different angles), you focus not only on what the solution is (content), but how to get to it (process). By focusing on how to arrive at and implement a solution, you develop your abilities to solve any problem, not just the one you are currently involved with. Flexible Interrogation therefore takes your learning and problem-solving ability to a more sophisticated level.

# High Performance Innovators Explained



## HIGH PERFORMANCE INNOVATORS

High Performance is commonly measured by the degree of innovation in our daily output. The brain is a learning and problem-solving machine, and so its measurable power lies in the extent to which it yields efficient results and fashions novel solutions. Not all learning conditions, problem-solving approaches, and team cultures promote highly innovative results, however. These need to be optimized in order to improve both individual and team Resilience and capacities for High Performance.

### The Innovators Domain consists of the following:



**Flexible Interrogation** refers to whether you use critical thinking skills in problem-solving (e.g., looking at it from different angles or at its component parts).



**Divergent Thinking** refers to whether you try generating multiple, unconventional solutions when problem-solving, as opposed to singular, standard solutions.



**Executive Function** represents a collection of higher-order mental processes including working memory, processing speed, and thinking flexibility.



**Team Divergent Thinking** refers to whether your team solves problems by generating multiple possible solutions instead of just one, default option.



**Involuntary Daydreaming Avoidance** measures whether you experience your mind drifting off involuntarily while you are trying to focus on a task.

## Your Top 6 Recommendations

The recommendations are ranked below starting with the greatest opportunity for improvement at the top. You can choose from among these 6 which recommendations work best for you. The final section of this report will expand on each recommendation.

-  **1 Silencing the Mind Routine** 
-  **2 Balance & Flexibility Exercises** 
-  **3 Exercise Duration** 
-  **4 Intermittent Fasting** 
-  **5 Strength Exercises** 
-  **6 High Intensity Interval Training** 

# Your Top 6 Recommendations Expanded

1



## Silencing the Mind Routine



HIGH PERFORMANCE  
**RHYTHMS**

Silencing the Mind assists in moving your brain-body system out of the fight-or-flight response and the chronic stress condition, and instead into a relaxed physiological state. This state is imperative for optimal Resilience: since while in it you are not overwhelmed by fear, panic, or stress, you are therefore enabled to better confront, adapt to, and overcome challenges and stressors. In addition, by helping you regulate emotions and by improving your ability to focus, sustain attention, and detach from ideas, Silencing the Mind sets you up to solve problems more efficiently, flexibly, and creatively. This is how it boosts your High Performance capacity.

Studies of brain scans have found that the same structures involved in emotion regulation and control are activated by mindfulness practices, and that those who regularly practice mindfulness are superior in regulating their emotions, directing their attention, and maintaining positive levels of well-being. This supports the idea that integrating more mindfulness into daily life and cultivating a disposition of mindfulness leads to various emotional and cognitive performance benefits.



### Listen to podcast

*Mental Resilience Note*  
Neurozone® Vimeo



### Read the science

*Science & Mindfulness*  
The Harvard Gazette

**Make time for these activities to improve your Silencing the Mind Routine:**

#### Activity 1

Follow your  
breath

#### Activity 2

Focus on your  
body

#### Activity 3

Focus on  
incoming  
sensory  
information

#### Activity 4

Practice  
catching time-  
traveling  
thoughts



# Your Top 6 Recommendations Expanded

1



## Silencing the Mind Routine



HIGH PERFORMANCE  
**RHYTHMS**

### Activity 1: Follow your breath

Sit comfortably in an upright position with your eyes closed. Take 5 deep breaths, in through your nose and out through your mouth. Breathe into your belly. Slow down your breathing and make sure that every inhale is as long as your exhale. After 5 deep breaths, continue breathing normally for 5-10 min while keeping your mind in the present by following your breath. Set a reminder to do this practice twice a day. Reflect: How did following your breath feel for your body before and after this practice? How did it feel for your mental state before and after the practice?

### Activity 2: Focus on your body

Start this practice by moving into deep breathing (see the 'Follow Your Breath' action). After this, scan your body from head to toe. Notice different temperatures across your body or see if you are holding tension anywhere, and allow each part of your body to relax. Note how your body feels before and after each practice, and at different times during the day. Set a reminder to incorporate this bodily awareness into your daily deep breathing practice. Consider: what is it doing for your connection to your body, and for your mood and emotions?

### Activity 3: Focus on incoming sensory information

Start this practice by moving into deep breathing (see the 'Follow Your Breath' action). After this, focus on incoming sensory information (what do I see/hear/feel/taste?). If your mind starts wandering to other thoughts, just note these thoughts in a non-judgmental way, and bring your focus back to your senses. Take note of how your body feels before and after each practice, and at different times during the day. Set a reminder to incorporate this into your daily deep breathing practice. Consider: Do you feel more connected to the outside world? What does this do for your emotional and mental state?

# Your Top 6 Recommendations Expanded

## Activity 4: Practice catching time-traveling thoughts

Apply being mindful whenever you get the opportunity during the course of your day. Catch wandering thoughts and bring your mind back to the present by focusing on your breath, body, or incoming sensory information. Set a reminder that goes off a couple of times during your day so you can catch your thoughts and bring them to the present. Reflect: if you managed to do this, how did that affect how you went about your day? If you didn't, can you identify any obstacles that prevented you from doing so (e.g., noise)? What can you do to remove those obstacles?

## Your Top 6 Recommendations Expanded

2



### Balance & Flexibility Exercises



HIGH PERFORMANCE  
**RHYTHMS**

Because of their coupling of mindfulness with bodily awareness, Balance and Flexibility exercises move us into a baseline relaxed physiological state. This state is necessary for us to optimally respond to, and recover from, physical, cognitive, and emotional challenges and stressors. In other words, the baseline relaxed physiological state is essential for Resilience and your capacity for High Performance. The other effects of Balance and Flexibility Exercises (e.g., improvements to mood and improved problem-solving capacity) provide further boosts to your High Performance capacity as well.

Research has shown that there are numerous physical and mental health benefits associated with Balance and Flexibility Exercises. These kinds of exercises tend to reduce anxiety while increasing cognitive performance. In support of this, a recent meta-review found that yoga increases brain activity in areas and structures that are responsible for mediating anxiety and enhancing cognitive performance.



#### Listen to podcast

*Mental Resilience Note*  
Neurozone® Vimeo



#### Read the science

*Yoga for Mental Health*  
Harvard Health

### Make time for these activities to improve your Balance & Flexibility Exercises:

#### Activity 1

Identify at-home balance and flexibility exercises

#### Activity 2

Add to your current exercise routine

#### Activity 3

Exercise with a friend or join a group

#### Activity 4

Enhance your training atmosphere

# Your Top 6 Recommendations Expanded

2



## Balance & Flexibility Exercises



HIGH PERFORMANCE  
**RHYTHMS**

### Activity 1: Identify at-home balance and flexibility exercises

Identify and experiment with different Balance and Flexibility exercises that you can do at home. Try to incorporate Balance and Flexibility training into your normal daily routine (e.g., try to brush your teeth on one leg, or to stretch while you wait for the kettle to boil). Set several reminders during the week so that you can work towards at least 40 minutes of weekly practice. Reflect daily: is your body becoming more able and willing to extend itself? What does this practice do to your stress levels, energy levels, and mood? Gradually extend the amount of training time as you feel more fit and able.

### Activity 2: Add to your current exercise routine

Incorporate Balance and Flexibility training it into your other (e.g., cardio, strength) exercise routine(s). At the start of your training, set a reminder to include some yoga poses, stretches, or planks after your other exercises. Reflect at the end of each day: did it have an impact on your breathing? Did it aid in your muscle recovery? Did it temper your heart rate? Also become aware of the effects it may have had on your stress, energy levels, and mood. Do you feel more rested yet alert? Gradually extend the amount of practice time as you feel more fit and able.

### Activity 3: Exercise with a friend or join a group


Identify a friend or group that can train with you. Plan your weekly routine together and identify how you will keep each other accountable. Set reminders to reflect at the end of each week on what impact Balance and Flexibility training with a friend is having on your ability to sustain your routine. Do you find it easier to commit to your exercise routine when someone does it with you? Are you able to keep each other accountable and motivated? Does your training get postponed if the other person cannot join you one day?

## Your Top 6 Recommendations Expanded

### Activity 4: Enhance your training atmosphere

Balance and Flexibility Exercises can be physically strenuous but are also meant to incorporate and promote a sense of calm. Identify calm environments you can practice your exercises in (e.g., a park, forest, or other relaxing place in nature). If none are easily accessible to you, consider bringing in elements of such an environment to your home (e.g., soothing nature sounds). Set a reminder to do your Balance and Flexibility practice in this environment or with these atmosphere aids. Reflect at the end of your session, and at the end of your week, on the impact of practicing within these settings, compared to practicing without them. Is it a more relaxing yet energizing experience? Did it improve your mood or mindfulness while exercising?


# Your Top 6 Recommendations Expanded

**3**  **Exercise Duration**



Because of the positive mood that Exercise brings about, and because it helps our brain-body system move into a baseline relaxed physiological state, it sets us up to recover easily from setbacks. It therefore enhances our Resilience. And, since Exercise strengthens our brain's connections, and thereby increases our problem-solving efficiency, it sets us up for High Performance. While exercise in itself is beneficial, its duration is also an important factor: longer sessions tend to have a bigger and longer-lasting impact.

Science has shown that exercise improves and preserves cognitive abilities across the lifespan. This is largely due to the release of brain-derived neurotrophic factors (BDNF) that underlie improved cognitive functioning. More specifically, BDNF stimulates the growth of new neurons in the memory centers of the brain, which leads to improved learning and memory function. BDNF also assists in forming new connections between neurons and strengthening existing ones in several areas in the brain. This improves the way and speed at which information is processed, and optimizes how the brain responds to challenges and tasks.

<p><b>“ All the best on <b>your journey to high performance!</b></b></p>	<p> <b>Read the science</b> <i>Exercise: Big Benefits</i> Science Daily</p>
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**Make time for these activities to improve your Exercise Duration:**

- Activity 1**  
Add a basic walking practice to your day
- Activity 2**  
Exercise with a friend
- Activity 3**  
Set a long-term goal
- Activity 4**  
Prioritize exercises that you enjoy doing

## Your Top 6 Recommendations Expanded

**3**

### Exercise Duration



HIGH PERFORMANCE  
**RHYTHMS**

#### Activity 1: Add a basic walking practice to your day

Choose a time in your day that works best and set a daily reminder to go for a short 10-20 min walk. Try to do your walking activity every day if weather and time permit. At the end of each week, reflect on the week that passed and how your walking practice is impacting your mobility, energy levels, and mood. Also reflect on whether the addition of a walking practice is impacting the amount of time you are able to spend on your other exercises.

#### Activity 2: Exercise with a friend

Identify and invite a friend to exercise with you. Take some time to plan out your routine together, and commit to keeping each other accountable for sessions. Set a daily reminder to check in with each other in between exercise sessions. Reflect on the routine and plan ahead. Consider if you are more motivated to keep exercising now that you have a workout partner. Also reflect on the impact that the training is having on your duration, energy levels, and overall physical and mental well-being.

#### Activity 3: Set a long-term goal

Identify a kind of exercise you enjoy, or wish to get better at (e.g., weightlifting, running, swimming). Then, set yourself a large goal for this exercise (e.g., a running marathon, or completing a set of certain heavy weights). Set a reminder every other day to practice your exercise, and to gradually increase the amount of it you are doing. Be sure not to push yourself too hard too quickly. Reflect at the end of each day if you feel more motivated to keep at your exercise now that you have a grand goal for it. Also consider what exercising is doing for your mood, motivation, and productivity.

## Your Top 6 Recommendations Expanded

### **Activity 4:** Prioritize exercises that you enjoy doing

Take some time to identify exercises and physical activities that you enjoy doing more than others (e.g., dancing, cycling, or playing outside with your kids). Choose the one(s) you would like to add to your weekly routine, and plan ahead about when you will perform this activity. At the end of each week, reflect on whether you were able to extend the amount of time spent exercising when you included this activity you enjoy doing into your routine. As your fitness levels start to increase, gradually extend the amount of time spent doing the new, enjoyable exercise, or add more sessions of it into your week.



# Your Top 6 Recommendations Expanded

4



## Intermittent Fasting



HIGH PERFORMANCE  
**RHYTHMS**

Intermittent fasting triggers a 'switch' in the body: instead of looking to recently eaten food for fuel, it looks to storage of fuel held in cells. From an evolutionary perspective, this switch tells the body that its resources are low, and so prompts both brain/body cells to act more adaptively. When fasting, the cells exhibit greater resistance to damage or stress. Then, when recovering from a fast while eating, the cells direct energy towards strengthening their structures and being more plastic (or flexible) in their functions. So, on a cellular level, Intermittent Fasting prompts us to be more Resilient and adaptive, thereby setting us up for High Performance.

Literature suggests that Intermittent Fasting can help regulate the circadian rhythm, and therefore prevent the likelihood of developing several diseases. One study found that after 30 days of dawn-to-dusk Intermittent Fasting, participants' bodies showed a greater amount of proteins that protect against cancer, metabolic syndrome, inflammation, Alzheimer's disease, and several neuropsychiatric disorders and cognitive issues. Intermittent Fasting therefore boosts the overall health of your brain-body system.



### Listen to podcast

*Mental Resilience Note*  
Neurozone® Vimeo



### Read the science

*Time-Restricted Eating*  
Science Daily

## Make time for these activities to improve your Intermittent Fasting:

### Activity 1

Find your  
fasting method

### Activity 2

Meal-prep for  
nutrient  
density

### Activity 3

Maintain a  
consistent  
sleep schedule

### Activity 4

Journal your  
performance

## Your Top 6 Recommendations Expanded

4



### Intermittent Fasting



HIGH PERFORMANCE  
**RHYTHMS**

#### Activity 1: Find your fasting method

Take some time to explore which fasting method works for you. Consider time-restricted eating with 'fasting:eating' windows of 20:4, 16:8, or 14:10 hours, or alternate day fasting, where you don't eat anything during daylight hours one or two times a week. Research these methods for more instructions, tips, and cautions for if you have certain health conditions, and try them out. It can be a difficult adjustment initially, but the benefits will emerge once your body gets used to fasting. Reflect on the experience of fasting at the end of the day and week: how it is affecting your energy levels, mood, and work performance?

#### Activity 2: Meal-prep for nutrient density

Set a reminder to plan your meals before your day of fasting. Choose foods that are dense in nutrients and that will provide lasting energy (e.g., complex/low GI carbs and protein), as opposed to foods high in calories but low in satiety/nutritional value (e.g., simple carbs, processed and/or sugary foods). Reflect at the end of the day on the kinds of meals you prepared and how they affected you. Were they sufficiently energizing for you during your fast? Did you eat a decent amount, and of relatively healthy dietary balance? Also: did you feel readier and more committed to fasting when you pre-planned your meals?

#### Activity 3: Maintain a consistent sleep schedule

Choose a bedtime and wake-up time that you can reasonably stick to throughout the week, including weekends. The timing of eating affects your circadian rhythm (the brain-body system's internal 24-hour clock), just like sleep. Having the same amount of hours in the windows during your fasting days, every time you fast, will help train your body to make it a habit. Reflect at the end of the day and week on the effects of maintaining a consistent sleep and wake time. What effect is it having on your energy levels, mood, and performance during the day? Are you finding that it helps with sticking to your fasting regime?

## Your Top 6 Recommendations Expanded

### Activity 4: Journal your performance

Set a reminder to, at the end of each day, journal your energy levels, mood, and productivity (e.g., on a scale of 1-10). Do so for days when you fast as well as days when you don't. Even if there is a week where you don't fast, journal your brain-body performance. Bear in mind that when you start a regime of fasting, you will probably experience some fatigue and hunger (a dip in energy levels) initially. When your body adjusts to your new fasting routine, then the positive influences (e.g., sharper focus) of intermittent fasting should begin to show. Reflect at the end of the week: What patterns are you noticing? Is there a significant dip in energy levels between fasting and non-fasting days? If so, consider adjusting your fast to make it easier (e.g., from the 20:4 or 16:8 method, adopt the 14:10 or 12:12 method instead, with 10 or 12 hours for the eating window, respectively). Is there a general improvement in your performance and energy levels? If so, continue monitoring when your performance peaks and make a routine out of those conditions.

## Your Top 6 Recommendations Expanded

5



### Strength Exercises



HIGH PERFORMANCE  
**RHYTHMS**

Because they enhance your physical health (by moving you away from the risk of developing certain diseases and helping you return to the baseline relaxed physiological state), Strength Exercises boost your physiological Resilience. By promoting a positive mood, they also boost your Resilience on a psychological level. Moreover, the added improvements to your cognitive performance (which enable you to more efficiently solve problems) can take your High Performance potential to even greater heights.

Inactive individuals are at risk for a reduction in muscle mass and metabolic rate, as well as an increase in fat accumulation. Science has shown that Strength Exercises address all of the above risk factors, while also serving as a protective factor against conditions such as type 2 diabetes and high blood pressure. In addition, Strength Exercises have also been shown to enhance cognitive performance.



#### Listen to podcast

*Mental Resilience Note*  
Neurozone® Vimeo



#### Read the science

*Your Brain on Barbells*  
Washington Post

### Make time for these activities to improve your Strength Exercises:

#### Activity 1

Incorporate strength exercises into your day

#### Activity 2

Add strength training to your current workouts

#### Activity 3

Exercise with a friend or join a group

#### Activity 4

Work your way toward strength goals

# Your Top 6 Recommendations Expanded

5



## Strength Exercises



HIGH PERFORMANCE  
**RHYTHMS**

### Activity 1: Incorporate strength exercises into your day

Identify strength exercises you can do at home without specialized equipment (e.g., squats, planks, push-ups, sit-ups, etc.). Start with one set of 10-20 reps. Try to include them somewhere in your daily routine (e.g., do squats while you wait for the kettle to boil, or plank during the advertisements on TV). Reflect at the end of the day: have you tried the whole variety of such exercises? Do certain exercises feel better than others, or fit more easily into your daily tasks? How are they affecting your muscles, your energy levels, your stress levels, and your mood?

### Activity 2: Add strength training to your current workouts

Add resistance or weights to your HIIT, cardio, or balance & flexibility routine. Set a reminder that goes off several days per week for you to work your way to at least 40 minutes of weekly resistance training. Reflect daily on the impact of adding weights or resistance to your strength routine. Consider your stress levels, mood and mental performance. Use these reflection points to plan how you will incorporate strength training going forward.

### Activity 3: Exercise with a friend or join a group

Identify a friend or group that can train with you and keep you accountable. Take some time to plan your weekly routine together and identify how you will keep each other accountable. Reflect at the end of each training day on how training with a friend affected your motivation, enjoyment, and sustainability of your training. Do you find it easier to commit to your exercise routine when someone does it with you? Are you able to keep each other accountable? Does your training get postponed if the other person cannot join you one day?

# Your Top 6 Recommendations Expanded

## Activity 4: Work your way toward strength goals

Identify what kind of strength exercises you can currently do that are sufficiently challenging (e.g., planking for 30 seconds; 10 reps of 5kg weights). Set a goal that requires a greater degree of strength training (e.g., planking for 2 minutes; 12 reps of 10kg weights), and then set an intention to gradually (not instantly) work your way up to that goal. Reflect at the end of your day if you managed to increase your strength training slightly (e.g., extra 10 seconds of planking; extra 1kg of weight). How motivated do you feel to keep at your Strength Exercises? What is this motivation and commitment doing to your energy levels, mood, and productivity for the rest of your day?

## Your Top 6 Recommendations Expanded

6



**High Intensity Interval Training**



HIGH PERFORMANCE  
**RHYTHMS**

Because it can promote returning to the baseline relaxed physiological state after training, and because it exerts and strengthens your heart in the absence of threats, HIIT improves your ability to cope with stressors and challenges. Effectively, it empowers a brain-body buffer against chronic stress. In this way, HIIT therefore enhances your Resilience. Providing additional boosts to your mood, memory performance and processing speed means that HIIT also increases your capacity for High Performance.

A recent study investigated the immediate effects of a HIIT session on cognitive performance. Participants completed ten one-minute high-intensity cycling bouts, followed by low-intensity stretching exercises that served as a control condition. Cognitive performance was assessed before and after each exercise session. HIIT significantly improved performance on the Stroop “Color-Word” Test showing that HIIT holds the potential to enhance certain executive functions in the brain.



**Listen to podcast**

*Mental Resilience Note*  
Neurozone® Vimeo



**Read the science**

*HIIT: More than a Trend*  
Healthline

**Make time for these activities to improve your High-Intensity Interval Training:**

**Activity 1**

Elevate your heart rate with at-home workouts

**Activity 2**

Add HIIT to your current exercise routine

**Activity 3**

Exercise with a friend or join a group

**Activity 4**

Fuel, refuel, and hydrate well

## Your Top 6 Recommendations Expanded

6



**High Intensity Interval Training**



HIGH PERFORMANCE  
**RHYTHMS**

### Activity 1: Elevate your heart rate with at-home workouts

Identify a HIIT routine that you can do at home and that you feel comfortable with. Set a reminder to get your heart rate up at least once a day by doing HIIT exercises such as burpees, mountain climbers, and/or active planking. Do it for 1 min. to push your heart rate up, followed by 2 min. of active rest in which you keep on moving. Repeat this five times to create one set. Reflect at the end of the day and week on any benefits on your mental or physical health. Do you feel more productive or energized throughout your day? Increase your intensity level and the number of sets as you feel more fit and able.

### Activity 2: Add HIIT to your current exercise routine

Incorporate HIIT into your normal daily exercise routine. Set a reminder at the beginning of each day to incorporate HIIT by adding 2-3 short stints of HIIT sprints, for 1-2 min each, into your cardio, strength, or balance & flexibility routines. This way, you will be able to work your way up to a minimum of 30 min of HIIT a week. Reflect at the end of the week: were you able to increase the amount of HIIT you do per week by incorporating it into other exercise routines? Was it easier to do so than to make time for it exclusively? Did you feel more fit and able as the days went by?

### Activity 3: Exercise with a friend or join a group

Identify a friend or a group that will be willing to join you for a minimum of 30 mins of HIIT per week. Decide on HIIT routines that suit everyone, and decide on how you will keep each other accountable. This should make HIIT exercising more fun, sociable, and therefore sustainable. Set a reminder to reflect at the end of each week on the impact that doing HIIT with a friend is having on your ability to sustain your HIIT routine. Make time to reflect together on the impact that the routine and accountability are having on your overall physical and mental well-being.



## Your Top 6 Recommendations Expanded

### Activity 4: Fuel, refuel, and hydrate well

HIIT can be quite an energy-demanding exercise routine, so it is important that you are properly fueled before you do it. Set a reminder to eat an energizing meal (consisting mainly of complex/low GI carbs and protein) 1-3 hours before your HIIT session. Make sure you are also well hydrated before and during your session. Afterwards, re-fuel by consuming complex carbs and, if necessary, a drink high in electrolytes. Consider preparing these meals in advance. Reflect at the end of the week on whether HIIT felt easier to accomplish, and gain benefits from, on days when you were better or less fueled and hydrated.

# Insightful Videos



The Brain-Body System



The Marvellous Brain



High Performance Energy



High Performance Readiness



High Performance Resilience



Building your High Performance Readiness – It Starts with Your Thinking



Building your High Performance Readiness – Social Safety



Prepare High Performance Readiness – Wellness Rhythms



Maximise your Energy: Remove Blockers, Ignite Boosters



Maximise your Energy: Leveraging the Collective Energy

## Conclusion

Neurozone®'s High Performance Code has identified the top 6 Paths (i.e. behaviors and mental-emotional states) you can adopt. These Paths will deliver the maximum boost to your Resilience and High Performance Readiness level while requiring the least amount of your energy to do so.

We have provided a concise bouquet of actionable insights and recommended steps towards enhancing these Paths. For more detailed and guided information on implementing them, please return to the app and continue moving on your High Performance Journey.

Remember that these results are a snapshot in time and are likely to change as your mindset and behaviors change. Reassess yourself in four weeks to see the difference that walking the Paths has made.

Thank you for taking the time to read your Neurozone® Personal Report.

All the best on your journey to greater resilience. If you want more information about our products and services, feel free to contact us at [info@neurozone.com](mailto:info@neurozone.com) or visit our website.

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