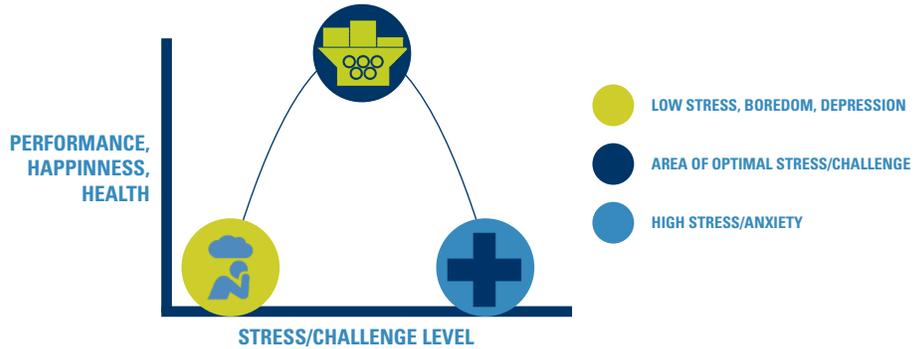


FEBRUARY 2018

THE WINTER GAMES

Are you glued to your television watching the PyeongChang Winter Games? I am spellbound. The athletes are so strong, fearless and graceful. Their record breaking performances appear effortless. And when there are injuries, they are horrifying and tragic--all of those years of dedication and discipline dashed in seconds. While we ordinary individuals may not experience the same peaks and valleys as the Olympic athletes, we are predisposed to the same effects of stress and challenge on our performance, health and happiness.



When the Olympians have trained optimally, they find themselves atop the winners' podium sporting serious hardware and big smiles. These peak performances result from rigorous physical challenge coupled with meticulous recovery. Watch the athletes after an event. They immediately work on recuperating. They ritualistically hydrate and stretch. The recovery is every bit as intentional as the performance. While we have witnessed several very severe injuries, according to Johns Hopkins' Chief of Sports Medicine, the most common athletic injuries are from overuse. Overuse injuries result in swelling, soreness and pain. Athletes accept these as an occupational hazard and they guard against them conscientiously. Massage, compression and ice baths are typically used to treat them. Remember a polka dotted Michael Phelps from the last Summer Games? He was using cupping, an ancient Chinese therapy, to increase circulation to the affected area. They'll try anything and everything to hasten recovery. In their world, ignoring overuse injuries could end their careers.

Let's turn our attention to those smiles up on the winners' podium. Who is really the happiest? Intuitively, one would expect that the better the performance, the happier the athlete. A 1995 study found otherwise. When it comes to medaling at the Olympics, the happiest winner is wearing bronze. The scientists attributed this to "counterfactual thinking". Specifically, the winning athletes compared their actual performance to what might have happened and were either disappointed or thrilled. The gold medalists were delighted to have won, but were already catastrophizing about maintaining life at the top. The silver medalists were dissatisfied for coming so close. And the bronze medalists were universally ecstatic to be among the winners. The winners comparing themselves to unmet expectations were disenchanting. Those who barely beat the rest of the pack were thrilled. Time and again, similar studies have yielded the same results. Bronze medalists are the happiest.





the supplement
FACILITATING VITALITY

What can corporate athletes learn from our Olympic counterparts? That the right amount of challenge alternated with rest builds strength, fearlessness and grace. That recovery is every bit as important as work. That excellent performance needn't be perfect to yield happiness. That this particular corporate athlete is going to stick to hydration and stretching... and summer sports. These winter athletes are speed freaks!

HOW TO RECOVER LIKE AN OLYMPIAN



HYDRATE

Sip water at every opportunity. Carry it with you everywhere to increase your chances of staying properly hydrated. I like keeping it simple by drinking eight glasses of water per day. If that isn't exact enough for you here is the formula:

$$\frac{\text{BODY WEIGHT}}{2} = \text{NUMBER OF OUNCES OF WATER PER DAY}$$



STRETCH

Here are a few stretches to combat the overuse injuries that we get from sitting as much as we do:

1

NECK

LOOK right and left.
DROP CHIN to chest.
ROLL HEAD right and left.

2

SHOULDERS, CHEST, BACK

ROLL SHOULDERS forward and back.
REACH OUT hands clasped, elbows straight, chin level.
REACH UP maintaining the same arm position.
REACH ONE HAND down between shoulder blades.
INCREASE the stretch with opposite hand on elbow.
DECOMPRESS THE SPINE by supporting the weight of the upper body on the arms of the chair. If possible, hold for 30 seconds.

3

LOW BACK

HANG FROM CHAIR feet flat on floor with knees bent at a 90° angle, legs apart. Visualize touching top of head on floor. Move slowly.



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Patricia M. Fuller has dedicated the last 20 years to designing and delivering wellness programs. Her events earn consistently excellent ratings for her holistic approach and her real world application.

Prior to concentrating in wellness, Pat taught accounting and auditing as an adjunct professor at the University of Tampa. She earned her CPA designation in 1992 as a senior associate for Coopers & Lybrand. She has a Masters in Business Administration from the University of Utah.

Pat has a PhD in holistic nutrition. In 2010, she was board certified by the Holistic Nutrition Credentialing Board. Her areas of research include stress management and eating habits. She is a Certified Wellcoach and a member of the Institute of Coaching. She is an annual attendee to The Harvard Medical School Conference, Coaching In Leadership & Healthcare.

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This newsletter is for informational purposes only and is not intended as medical advice. For further information, please consult a medical professional.