

Welcome to the webcast! We will be starting shortly. In the meantime, you can download handouts and ask questions.



Raise your hand

Ask a question

Download Handouts

Want answers?



Exit

Ask the staff a question

Send

Adapt and Thrive!

Todd Whitthorne



Torres del Paine National Park 2020

ADAPT (verb): make something suitable for a new use or purpose; modify.

THRIVE (verb): prosper; flourish

TEST NAME

25-OH VITAMIN D (TOTAL)

Reference Range :

DEFICIENCY:	<10 ng/ml
INSUFFICIENCY:	10-30 ng/ml
SUFFICIENCY:	30-100 ng/ml
TOXICITY:	>100 ng/ml



Sufficient

Inadequate

Acceptable

Satisfactory

Tolerable

Optimal

Excellent

Extraordinary

Outstanding

Best

A person stands triumphantly on the jagged, grey rock peak of Piestewa Mountain. Their arms are raised in a 'V' shape, signifying achievement. The mountain's surface is composed of large, angular rock fragments. Below the peak, a vast valley unfolds, showing a dense residential and commercial area with green spaces and roads. In the distance, more mountain ranges are visible under a sky with soft, wispy clouds. The lighting suggests late afternoon or early morning, with a warm glow on the horizon.

Thrive!

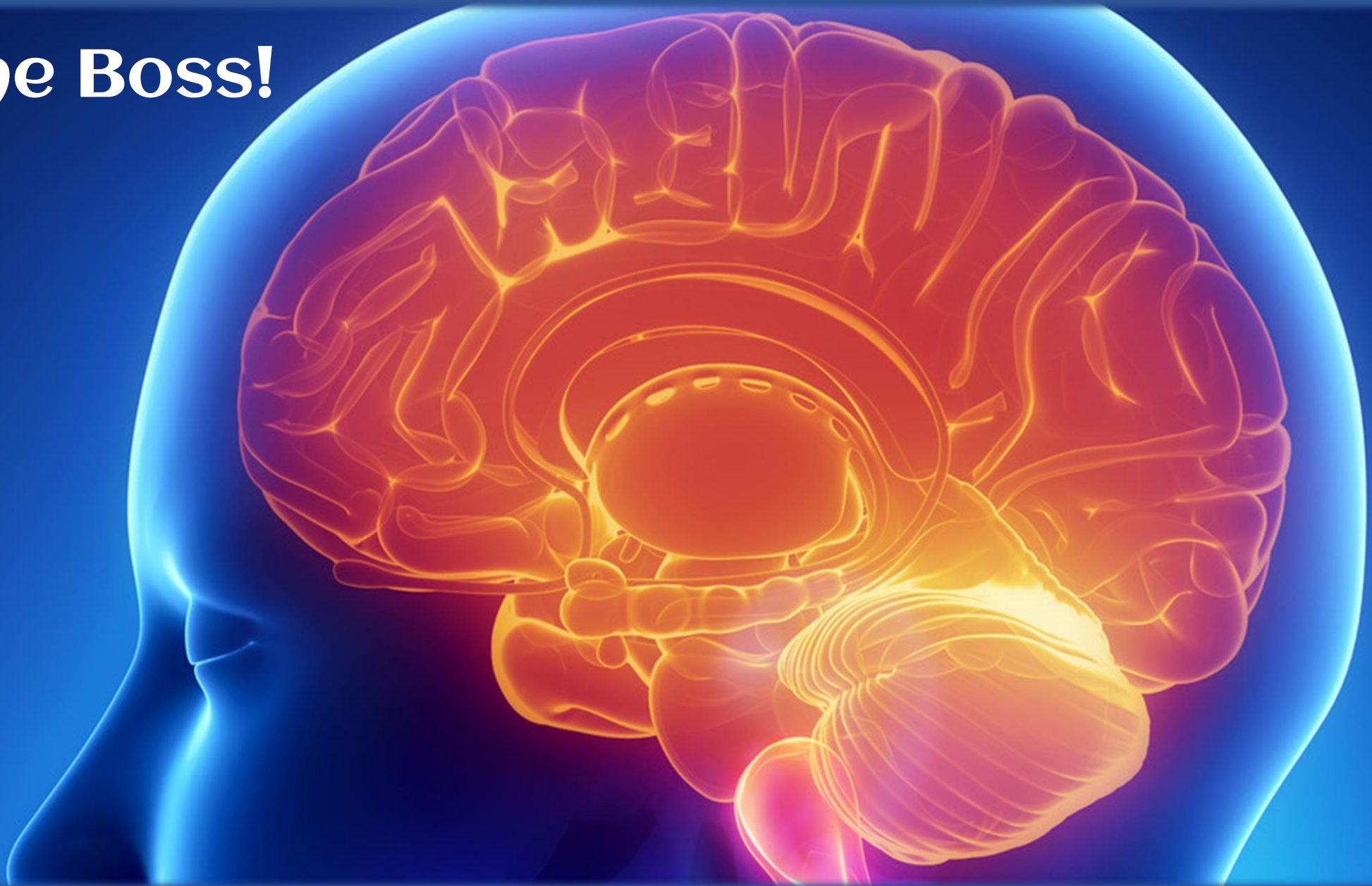
Piestewa Peak, Arizona 2017



Your Game Plan

(the things *you* decide *you* have to do in order to win a competition or succeed in achieving a goal)

The Boss!





NEUROPLASTICITY...

the brain's ability to change and adapt as a result of experience.

Life

~~THINK~~

~~Endorse~~

~~Tout~~

~~Espouse~~

~~Say~~

~~Believe~~

~~Promote~~

~~Feel~~

Life

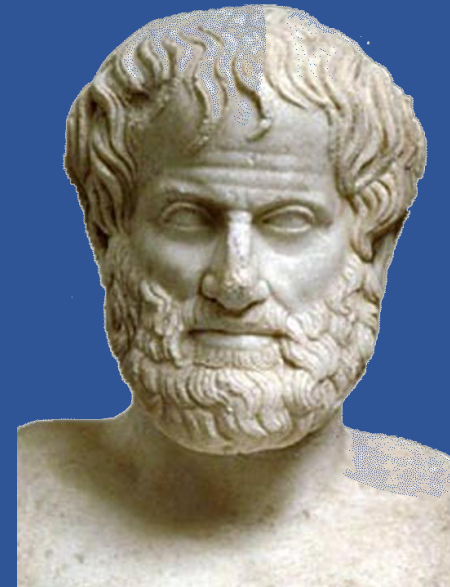
Do!

(MOST of what you do is habitual!)

Aristotle was Right!

We are what we repeatedly do.

Excellence then, is not
an act, but a habit!



Aristotle
384 BC-382 BC

HABIT...

Something you do without thinking about it.



Facts:

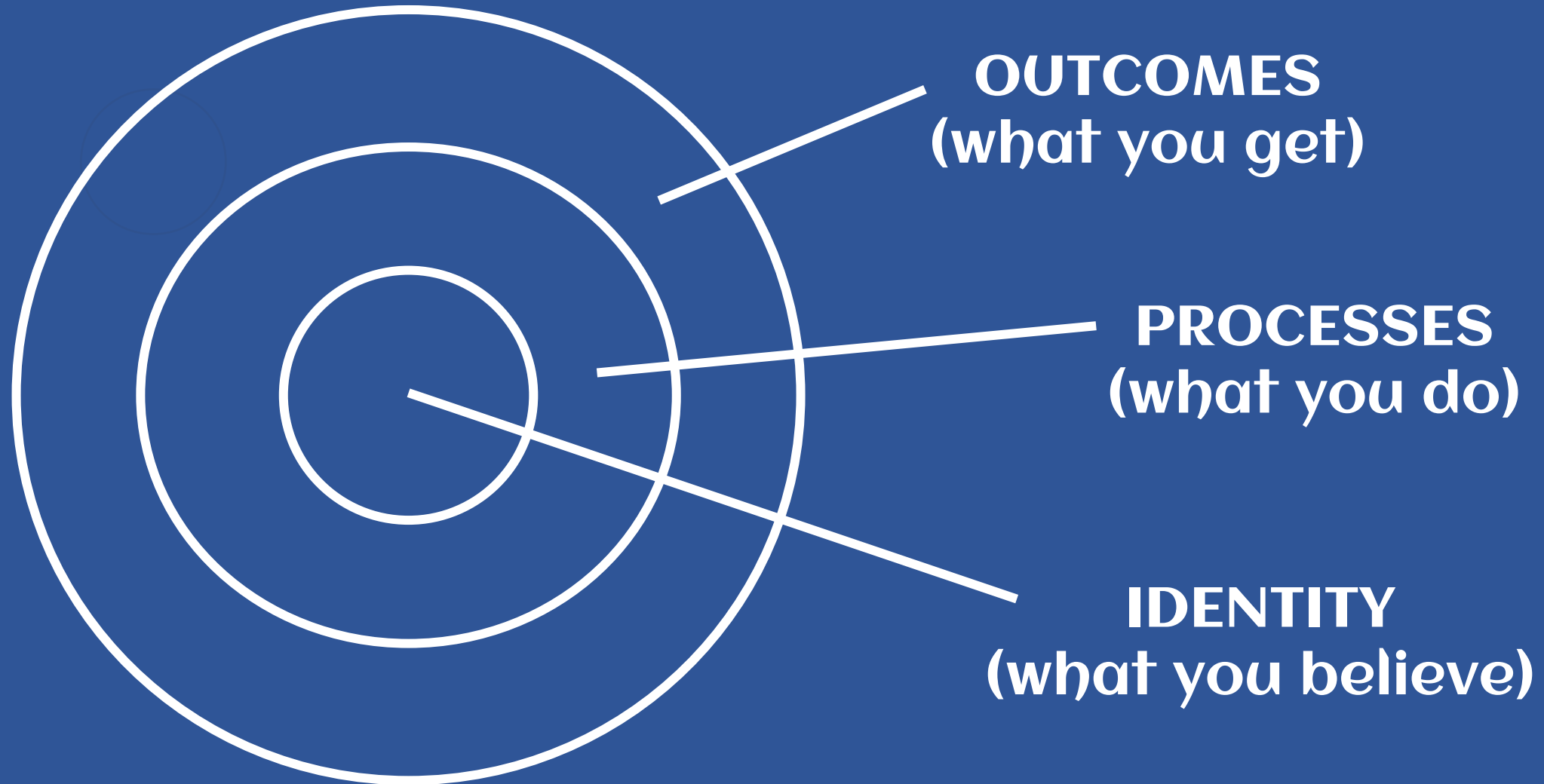
- **Habits are learned (vs. reflexive)**
- **Up to 70% of waking behavior is habitual**
- **Takes between 18 and 254 days to form a habit**
- **Habits are built on frequency, not time**

Your current habits are perfectly designed to deliver your current results.

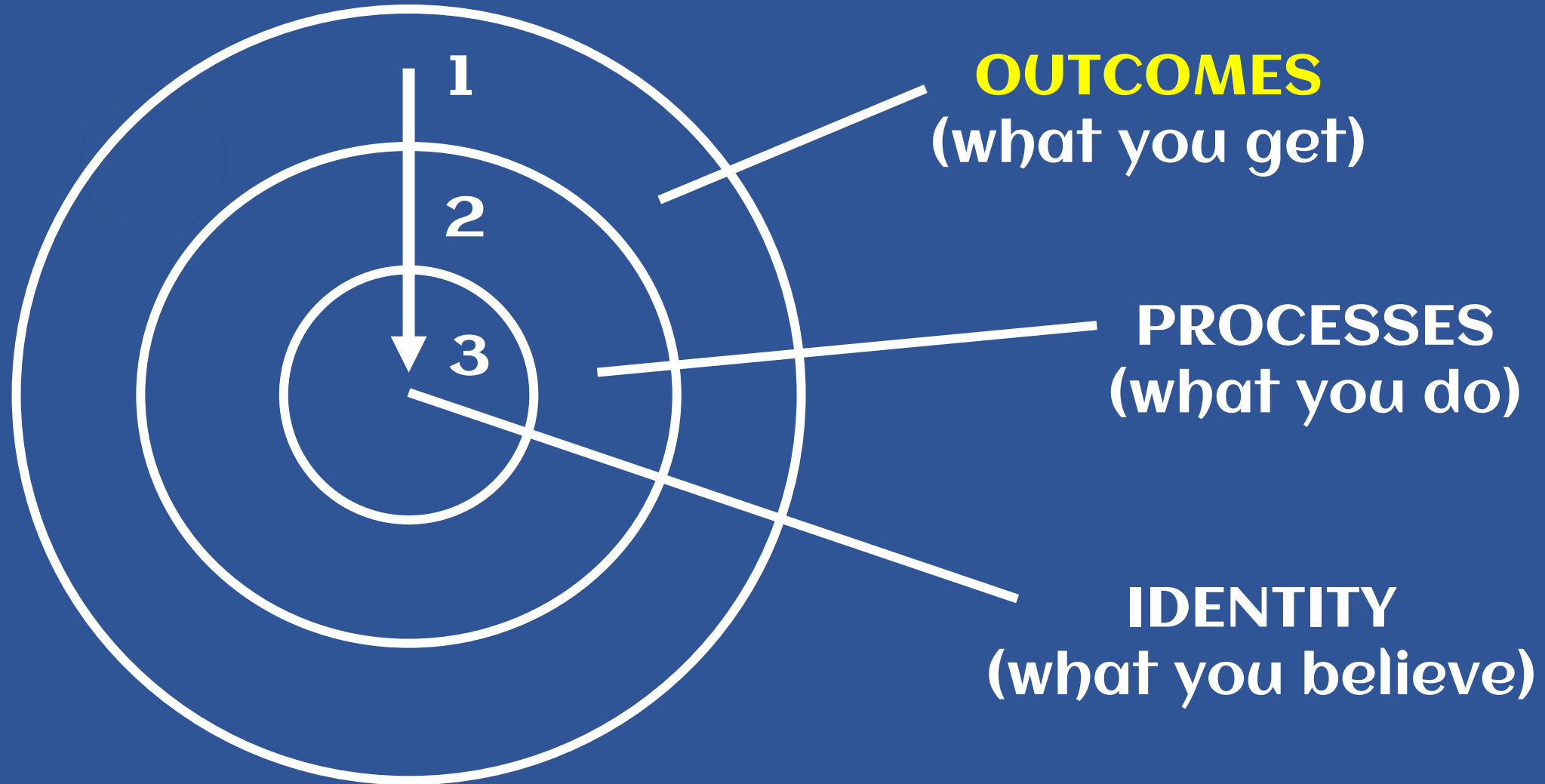


James Clear, *Atomic Habits*

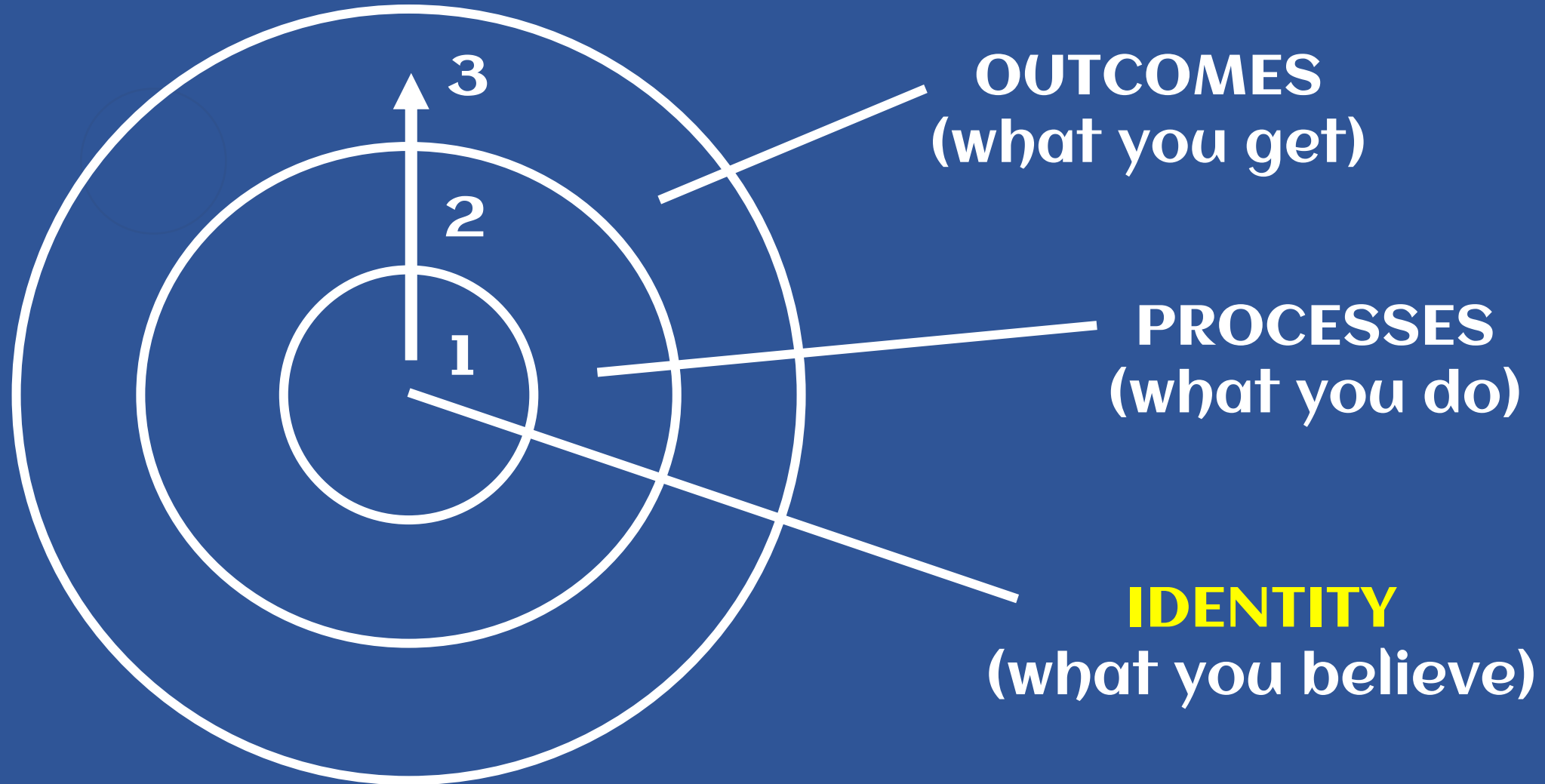
3 Layers of Behavior Change



3 Layers of Behavior Change



3 Layers of Behavior Change



Every action you take is a vote for the type of person you wish to become.

The most practical way to change *who* you are is to change *what* you do.

**Start with: WHO you want to become,
vs....WHAT you want to accomplish!**



Identity vs. outcome

Two step process:

- 1) Decide the type of person you want to become...**
- 2) Prove it to yourself with small wins.**

How?

Noon today:

**The Behavioral Neuroscience of
Adaptability: Changing Habits
with Russell Frohardt, Ph.D.**

Let's just win the day!





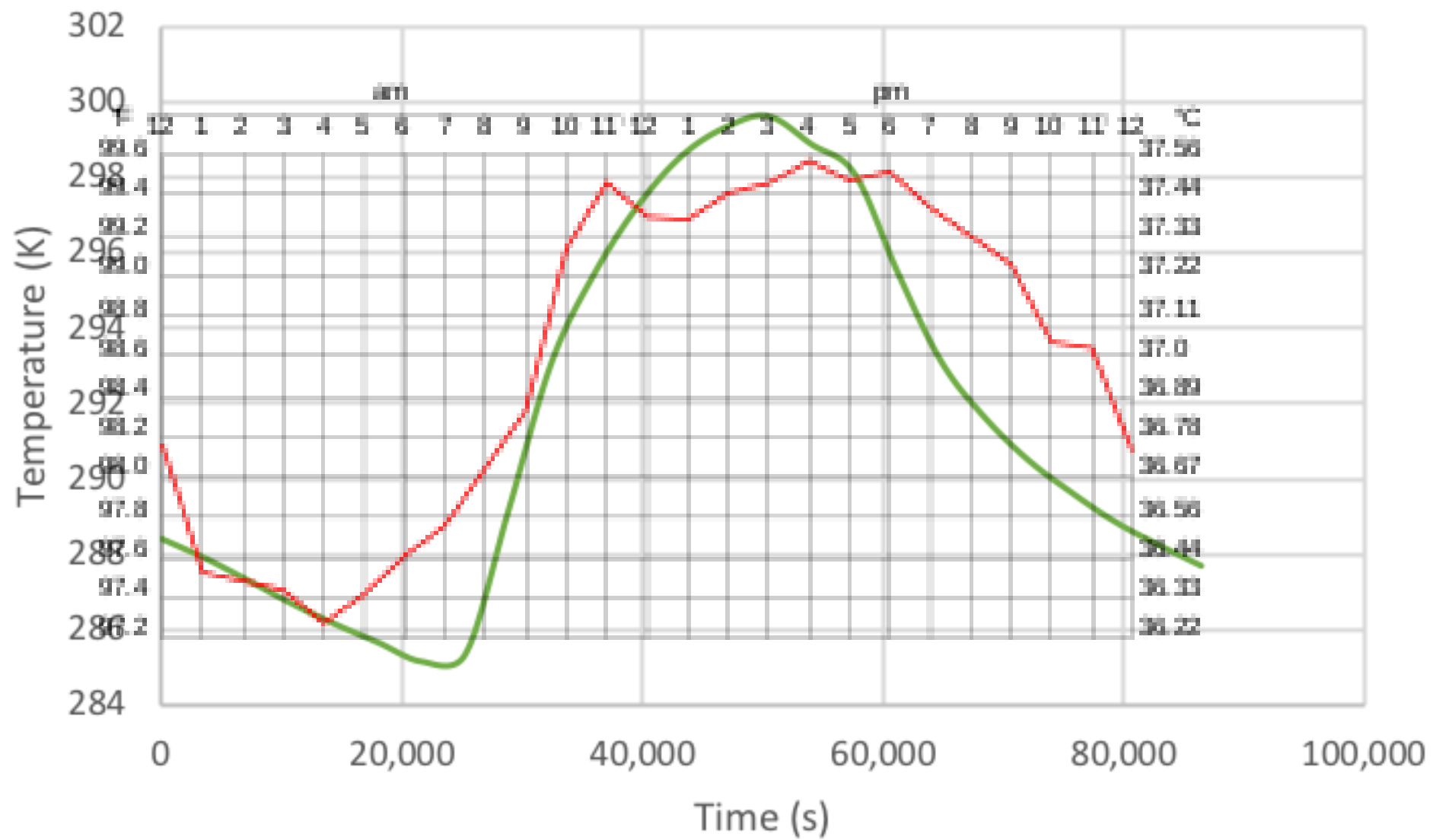
CIRCADIAN RHYTHM

The 2017 Nobel Prize in Medicine or Physiology

Jeffrey C. Hall
Michael Rosbash
Michael W. Young









**So how can I leverage biology
to build sustainable habits?**

Must be able to overcome LIMBRIC FRICTION

“activation energy”..the mental strain that’s required to overcome two states:



“State of Mind” trumps “Time of Day”

Phase 1...first 8 hours after waking up

- Action and focus orientated
- This is when you should do whatever is hardest for you
- Helps create “task bracketing”

“Bio Hacks”



DELIBERATE Cold Exposure

Improves:

- Mental alertness and resilience
- Ability to manage stress
- Focus & mood
- Athletic performance (both strength and endurance)
- Metabolism (increases beige and brown fat... BAT...aka “thermogenic fat”)
- Inflammation

DELIBERATE Cold Exposure

Methods:

- Ice bath immersion
- Cold shower
- Minimal clothing

Goal...

train yourself to become comfortable with being uncomfortable!!

DELIBERATE Cold Exposure

Protocol:

- Find a temperature which is uncomfortable but safe (highly variable)
- Transition temperature and length of exposure gradually
- 11 minutes, total, per week...2-4 bouts...in AM

www.hubermanlab.com
“Ice Bath & Cold Benefits”

“State of Mind” trumps “Time of Day”

Phase 2...9 to 14/15 hours after waking up

- When to focus on more “mellow” activities, i.e. journaling, mindfulness, meditation, practicing music
- Start tapering light, NSDR, hot bath/shower
- Leads to calm and relaxation

Welcome to Wondr Health™



wondr PARTICIPANT

Kim N.

Community Manager

LOST 65 LBS

GAINED BETTER SLEEP

Obesity & Chronic Disease

The mind-body connection

wondr PARTICIPANT

Jan G.

Client Research Coordinator

LOST 33 LBS

GAINED CONFIDENCE



Mind, meet body

Mental and physical care can't be addressed in silos

There's a psychological component to chronic disease and a physical component to mental disease

Obesity-related disease

- Diabetes and depression
- Psychological burden of obesity
- Stigma and weight bias and impact on mental health

Results & ROI

Pandemic-proof outcomes

Despite the many physical and emotional challenges of quarantine, Wondr participants saw significant improvements in their quality of life.

70.1%

**Increased their
physical activity**

58%

**Improved their
mood**

60.3%

**Had more
confidence**

63.1%

Had more energy

33.5%

**Improved their
sleep**



[https://enroll.wondrhealth.com/
start?s=HealthSelect](https://enroll.wondrhealth.com/start?s=HealthSelect)



**What
Do
YOU
Want?**

**Participant or
Spectator?**



FIT HAPPENS!

Simple Steps for a Healthier, More Productive Life!



TODD WHITTHORNE
with a foreword by Ralph Strangis

To Henry and Hudson...

No offense dudes, but
I don't want to *watch* you play.

However, I fully intend to
play *with you* for a long, long
time!

I love you!
Pops



July 3, 2022



February 2, 2020



Sprint interval training vs. Combined aerobic + resistance training in overweight women with type 2 diabetes

Article Dec 2020

Ebrahim Banitalebi · Majid Mardaniyan Ghahfarrokhi · Mohammad Faramarzi · Conrad P. Earnest

Conrad Earnest, Ph.D.
406 scientific publications

Protein Multi-Ingredient Expedites Recovery after Resistance Training in Trained Young Males

Article Oct 2020

Fernando Naclerio · Marcos Seijo · Conrad P. Earnest · [...] · Eneko Larumbe

The effects of varying doses of caffeine on cardiac parasympathetic reactivation following an acute bout of anaerobic exercise in recreational athletes

Article Full-text available Aug 2020

Amir Sarshin · Alireza Naderi · Carlos Janssen Gomes da Cruz · [...] · Conrad P. Earnest

Gait Pattern Alterations during Walking, Texting and Walking and Texting during Cognitively Distractive Tasks while Negotiating Common Pedestrian Obstacles

Article Full-text available Jul 2015

Sammy Licence · Robynne Smith · Miranda Polly Mcguigan · Conrad P. Earnest

Small dense low-density lipoprotein-cholesterol (sdLDL-C): Analysis, effects on cardiovascular endpoints and dietary strategies

Article Apr 2020

Heitor O. Santos · Conrad P. Earnest · Grant M. Tinsley · [...] · Rodrigo Cauduro Oliveira Macedo



Neowise, July 9, 2020



Conrad Earnest, Ph.D.
1957-2020

Thank You!

Todd Whitthorne

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Torres del Paine National Park 2020

