

FIRSTBEAT

FIRSTBEAT WELLNESS PROGRAMME
Kick-off session



Agenda

- 01** Introductions
- 02** The Power of Lifestyle
- 03** Firstbeat Wellness Programme
- 04** Programme portal
- 05** Q&A



Introductions



Dr Kelly Dale
PhD, MSc, BSc, BPhEd
Wellness Specialist

Specialist in the interconnectedness of nutrition, physical activity and sleep on our wellbeing, physical and mental health, and energy levels. Over 15 years of helping people implement sustainable lifestyle changes



Erik van den Top
BCIA, CAPP, CEOC
Wellness Specialist

Functional Wellness Specialist and Coach who combines biofeedback therapy, breathing retraining, lifestyle optimisation and mindfulness to help people restore health, wellbeing and performance.



Marco Mollo
NZRD, Mdiet, BSc
Wellness Specialist

Specialist in working with people to enhance their knowledge about nutrition and other lifestyle factors to help them adopt sustainable healthy lifestyle behaviours.



Sophia Wells
BCS
Programme coordinator

Communication specialist with a key role in supporting participants and enhancing their experience. Sophia is also working towards becoming a psychologist.

Introductions



WHO

*Your name, position
and team*



WHY

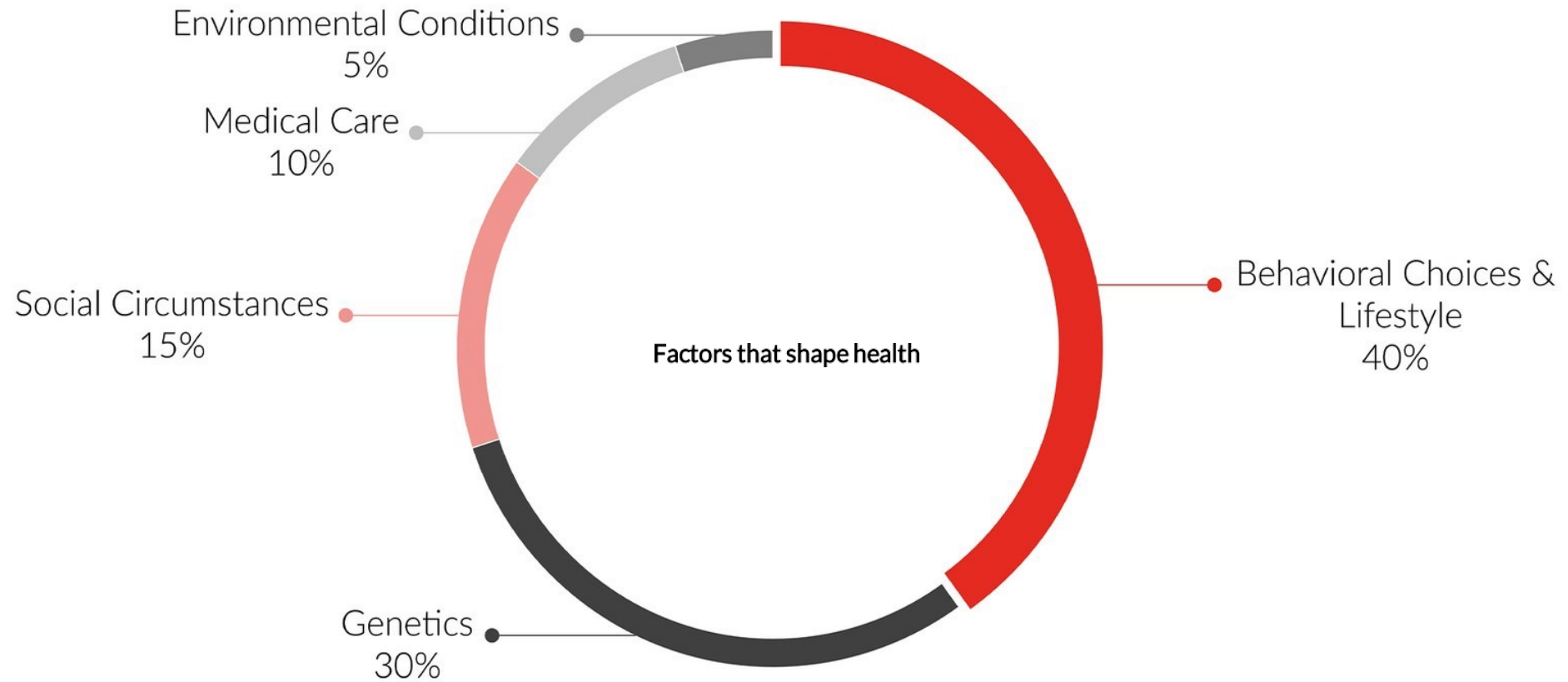
*What attracted you to
the programme /
what made you sign
up?*



WHAT

*What does success look
like for you / what
would you most like to
get out of the
programme?*

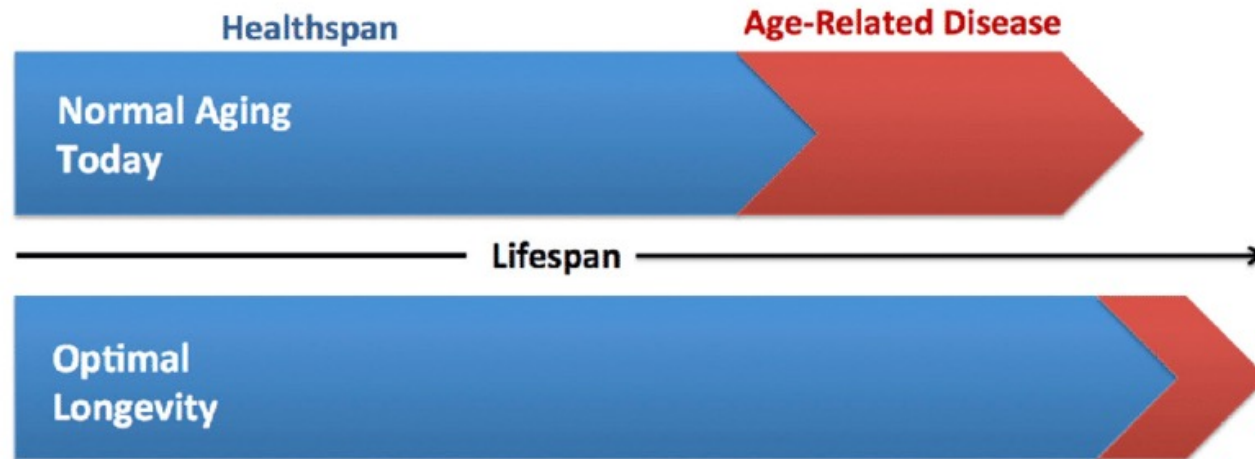
The power of lifestyle



McGinnis & al, 2002

Current and future impact

We live longer, but spend a large proportion of those extra years with illnesses that reduce our quality of life



Using the power of lifestyle enables us to narrow the gap between our health and lifespan

Beyond physical health: mind-body connection



Psychological experience



Emotional self-regulation



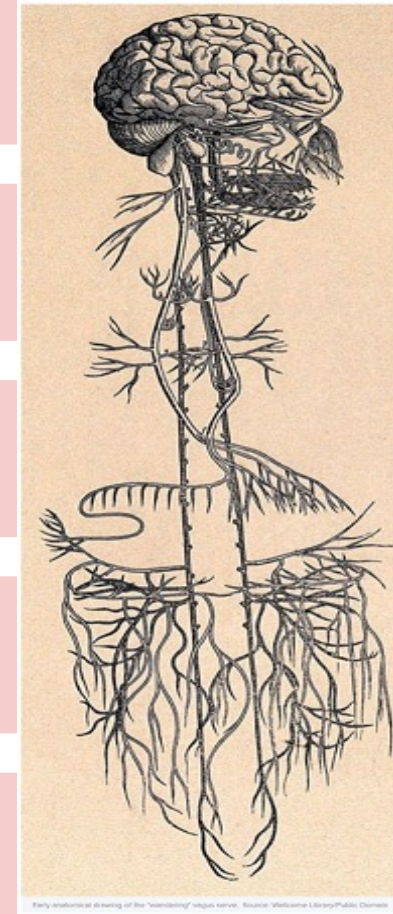
Cognitive performance



Social engagement



Cognitive ageing

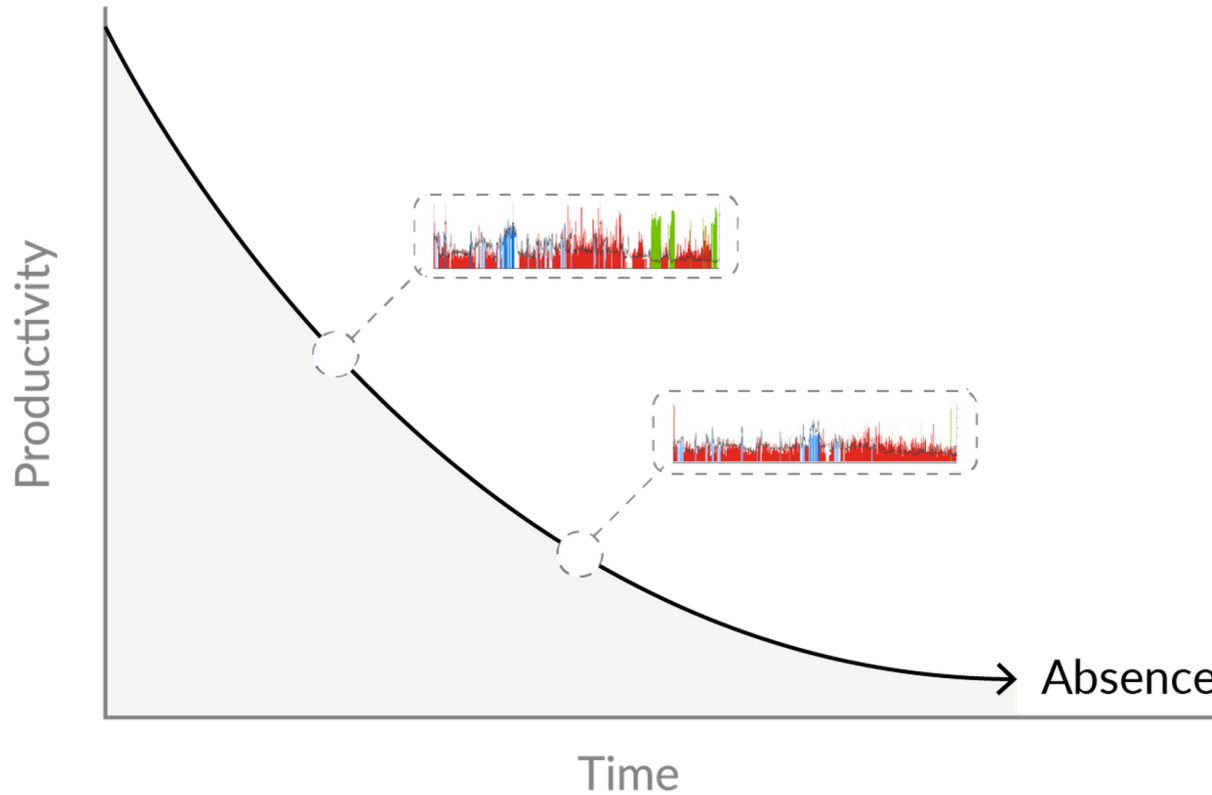


Early anatomical drawing of the "nervous" system. Source: Wellcome Library/Public Domain

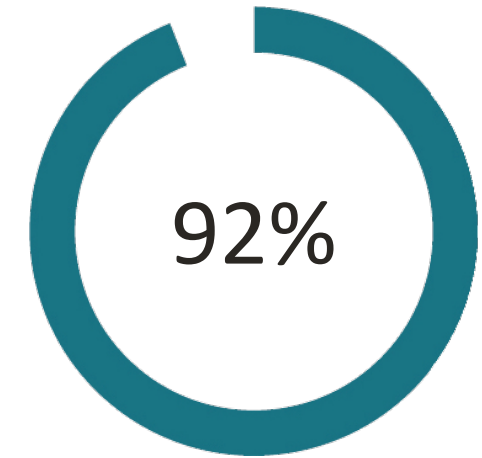
“Fifty percent of psychology sits below the neck”

- Dr Martin Seligman

Lifestyle directly influences productivity



Productivity decreases by 5-33% when you work when fatigued.



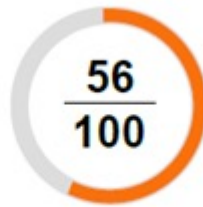
Of participants report a noticeable boost
in both their
wellness and performance

~~Metamorphosis~~

Small adjustments = BIG impact

With only a handful targeted lifestyle changes:

LIFESTYLE
ASSESSMENT
SCORE



12/2019



05/2020



Take micro-recovery breaks during the day

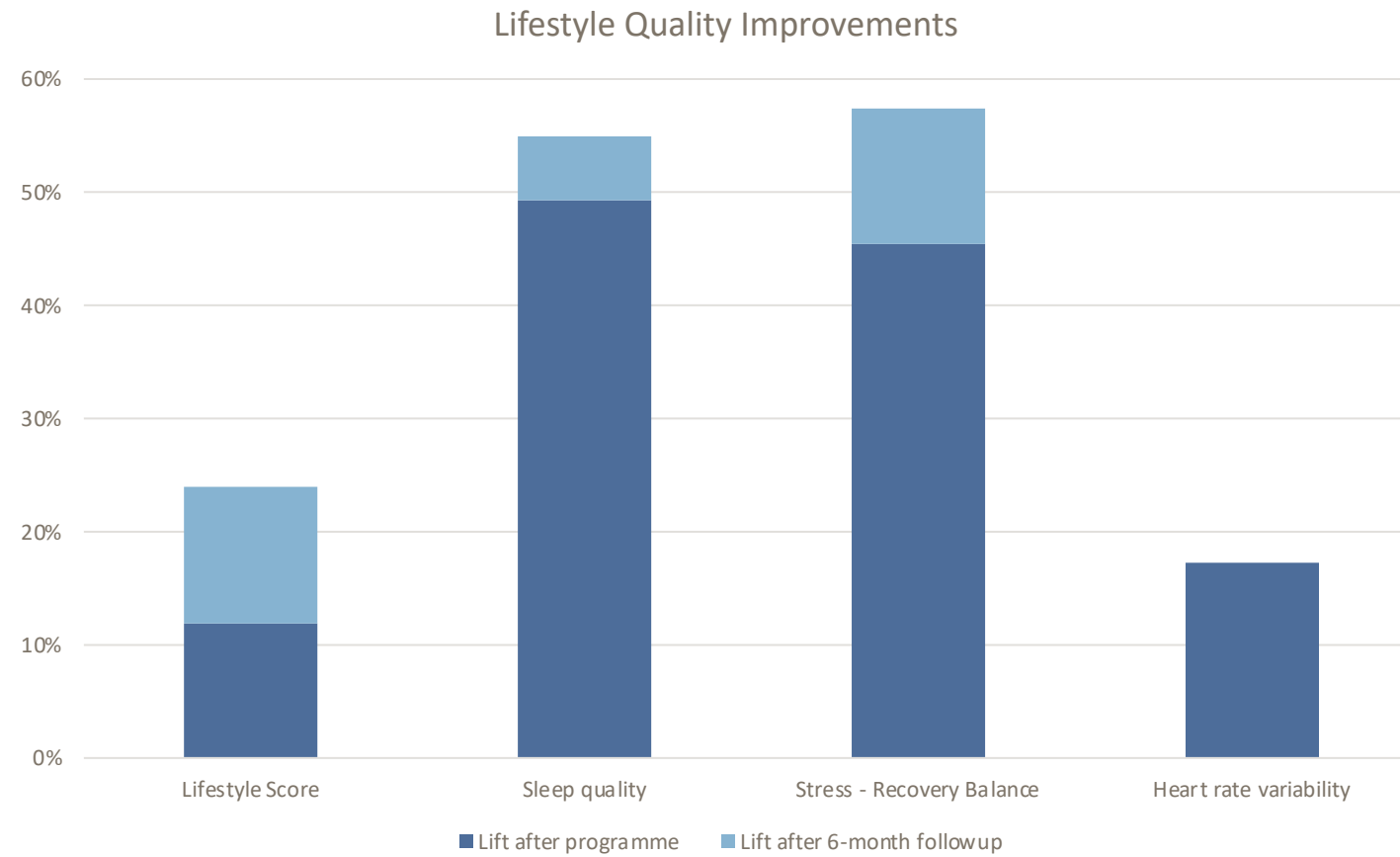


Adopt a good sleep practice



Avoid late afternoon / evening exercising

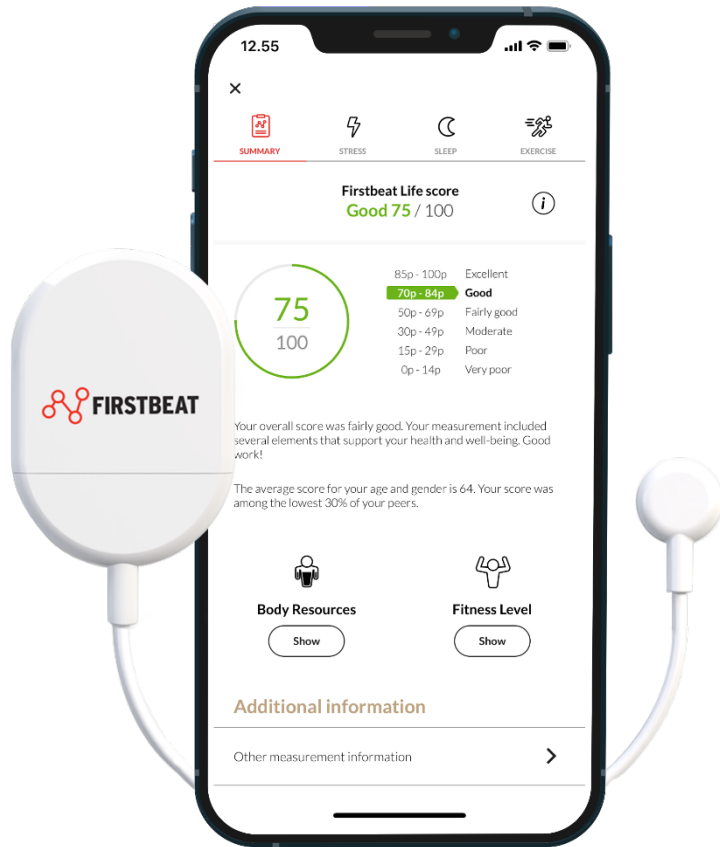
Past Participant Achievements



The seven lifestyle powers



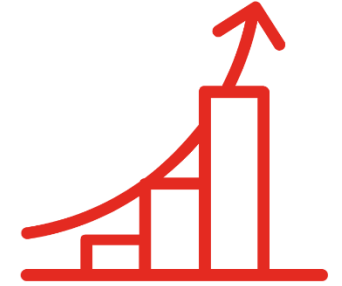
Firstbeat Wellness Programme



Firstbeat Life™
*Personalised and
objective data insights*



Wellness experts
*Individual sessions for
personalised advice*



Sustained lifts
Habit change science



Online resources
*Enhance knowledge &
practical tools*

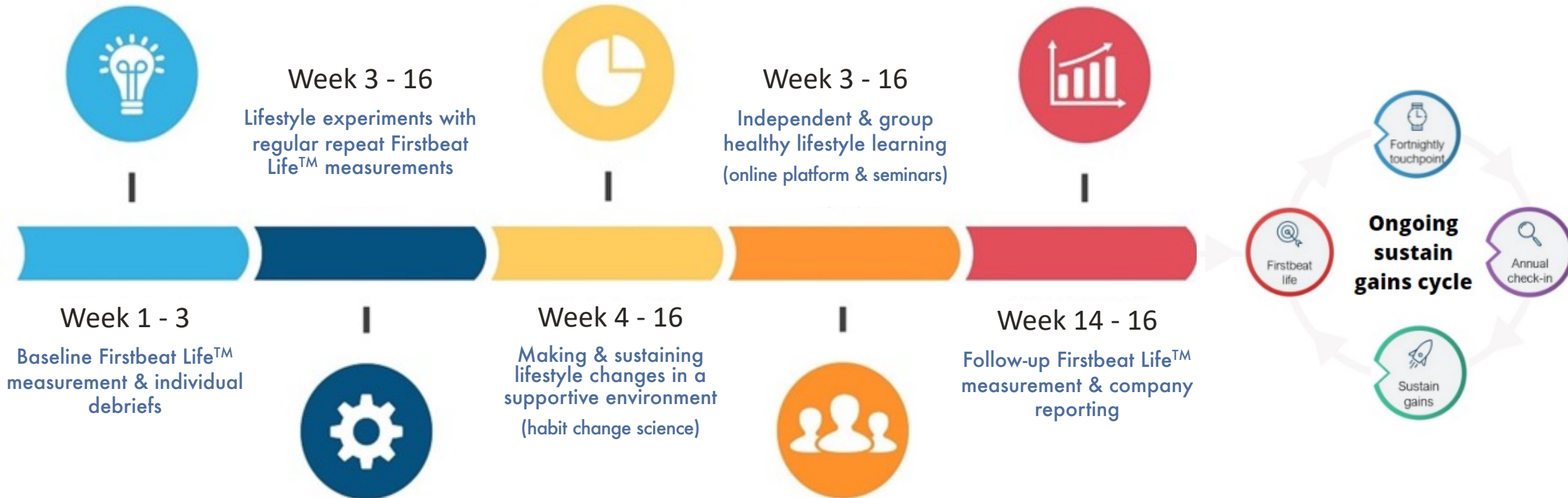


Live online seminars
*Interactive learning &
support*



Programme Portal

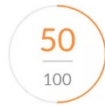
Sixteen week healthy lifestyle foundation



Firstbeat Life™ for Corporate Wellness

Reliable and accurate personal data helps you understand the impact of lifestyle routines & choices. The balance between stress and recovery has a huge effect on our everyday performance and health.

Stress and recovery balance



The score reveals whether you have enough recovery in your day in relation to the amount of stress.

Health effects of physical activity

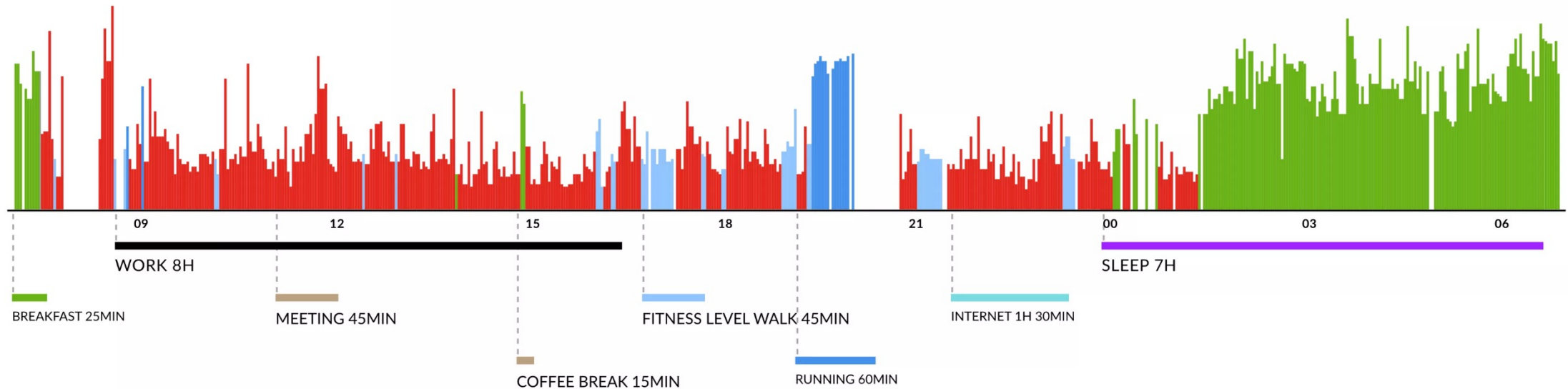


The score reveals whether you had enough physical activity this day to provide good health benefits.

Restorative effect of sleep

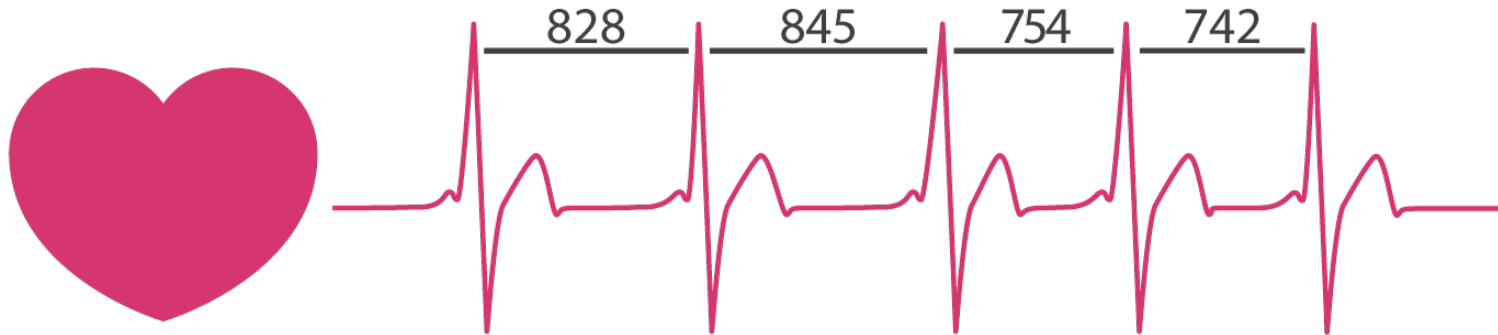


The score reveals how well you actually recover during the sleep period.



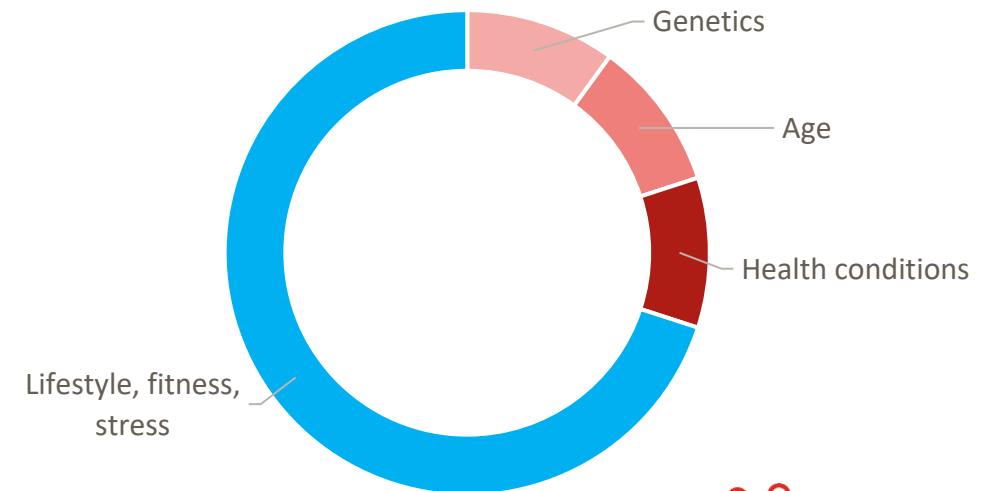
● Stress ● Recovery ● Exercise

Heart Rate Variability



Heart rate variability (HRV) reflects the functioning, balance and resilience of all our regulatory processes. These processes keep us in tune and help us adjust to demands and changes. They all operate at varying frequencies (e.g. circadian rhythm has a 24 hour cycle) and together they create a complex pattern of variability in our heart rate rhythm (controlled chaos).

Factors that influence HRV
≈70% directly under our control



Firstbeat Life™ measurements



- Instructions
- Firstbeat email(s)
- First measurement = 3 work + 2 weekend days
- Journal
- Fitness walk
- Analyse measurement
- Support: support@transformativeinsights.co.nz
- Electrodes & skin care



General use



Intensive Exercise

QUESTIONNAIRE RESULTS

Health pre-questionnaire report questions and answers you gave before this measurement.

I feel that I sleep enough.	☹️ Completely disagree
I think I exercise enough to gain health benefits.	😊 Partially agree
In my opinion, my eating habits are healthy.	😐 Cannot say / neutral
I feel that I consume alcohol in moderation.	😊 Partially agree
I don't feel stressed.	😞 Partially disagree
My days include breaks and time for recovery.	😊 Partially agree
I feel alert and energetic most of the time.	😊 Partially agree
I'm satisfied with my job.	😊 Completely agree
I'm satisfied with my personal relationships.	😊 Completely agree
I feel well at the moment.	😊 Partially agree

Questionnaires



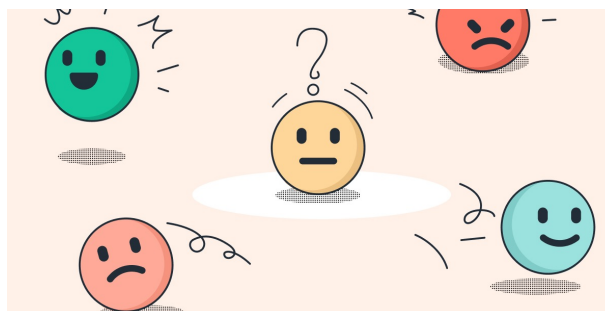
Debrief questionnaire
Important context for data interpretation

Firstbeat Life Wellbeing Questionnaire

Your perspective on your wellness to overlay with the data

Pulse surveys

In order to adapt our approaches and optimally support each other



Programme Feedback

Self-reported benefits and experience

Systems – Security & Privacy

thinkific

Thinkific
learning platform

FIRSTBEAT

Firstbeat
lifestyle assessments

Acuity Scheduling
A SQUARESPACE COMPANY

Acuity
appointment scheduling

Nookal
Smart Practice Management

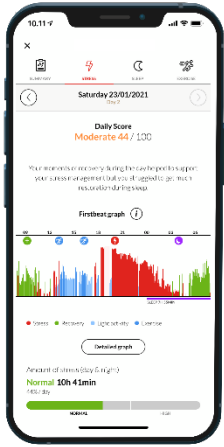
Nookal
participant management



DATA PROTECTION OFFICER

FIRSTBEAT

Critical Success Factors



Regular Firstbeat Life measurements

Use data and our personalised advice to inform lifestyle adjustments



Apply the 80/20 principle

Take a targeted approach (informed by the data) and start small. Small sustainable changes add up to a big difference in your health, wellbeing & productivity

Wellness

Leverage the WE in Wellness

Attend the seminars, tap into the support of other participants, organise an accountability partner, get your family involved etc.

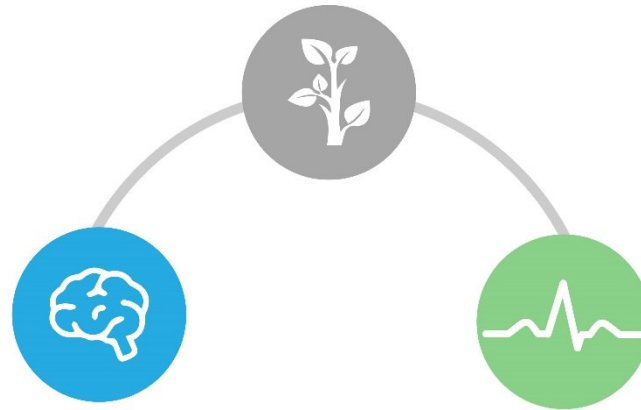
**You do not rise to the level of your goals.
You fall to the level of your systems.**

JAMES CLEAR
Atomic Habits

Develop an effective habit system

Make use of the evidence-based habit change strategies

Q&A



Transformative *Insights*

THANK YOU

www.transformativeinsights.co.nz

