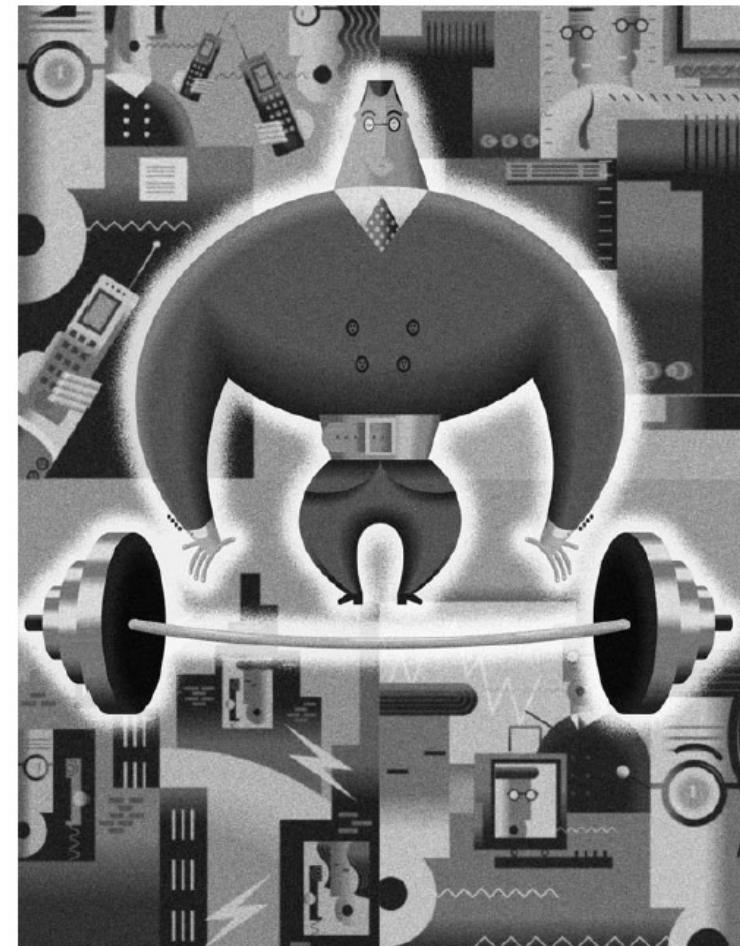


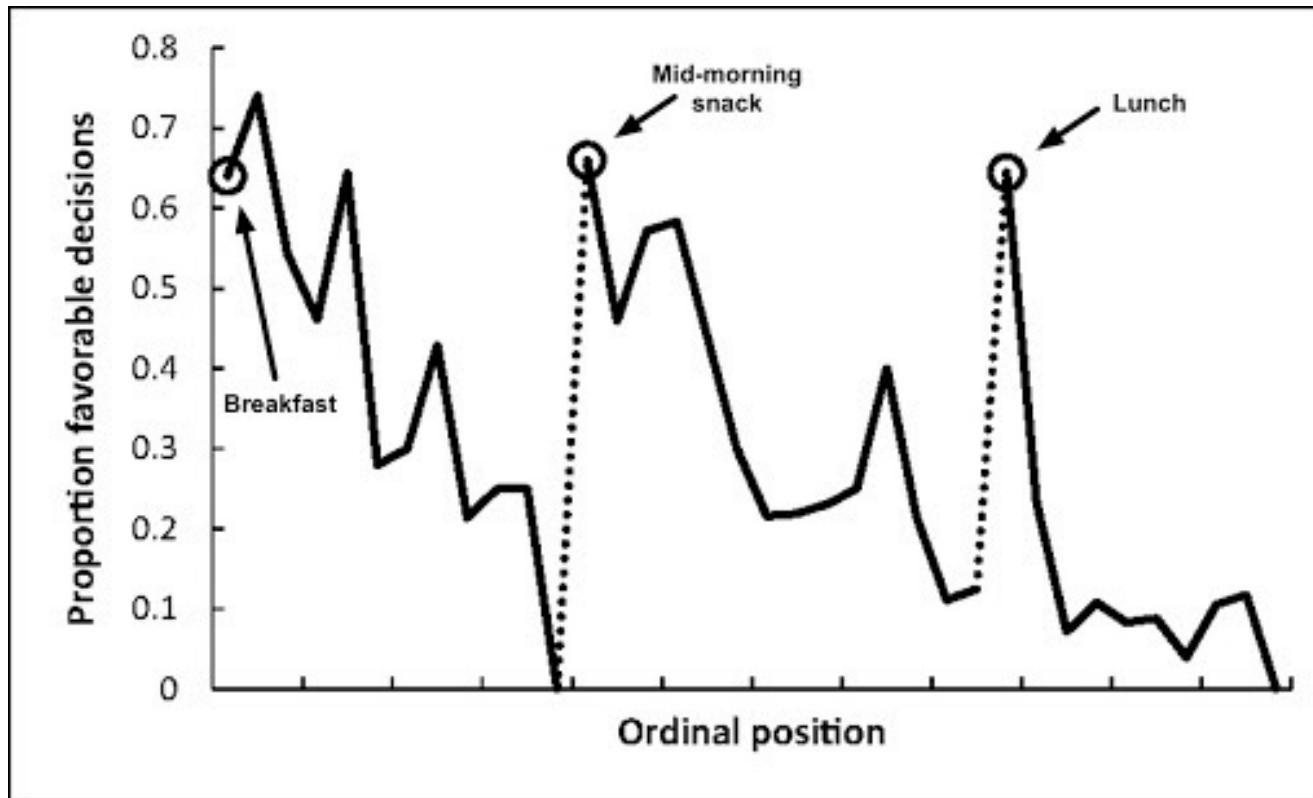
Leiderschap, welzijn & vitaliteit

- ‘Bedrijfsatleet’
- Herstel-curve: Toppers
(Loehr & Schwarz 2001, HBR)
- ‘Manage your energy, not your time’
(Schwarz & McCarthy 2007)

Dr Ir Luuk Simons
17 maart 2022



Brein prestatie verandert per uur! 'Decision Fatigue' → Manage je herstel..

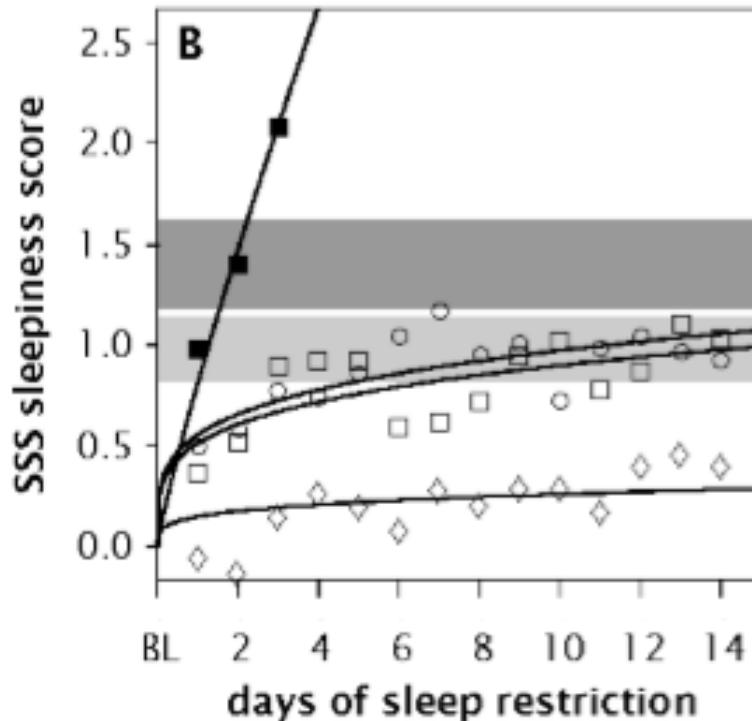
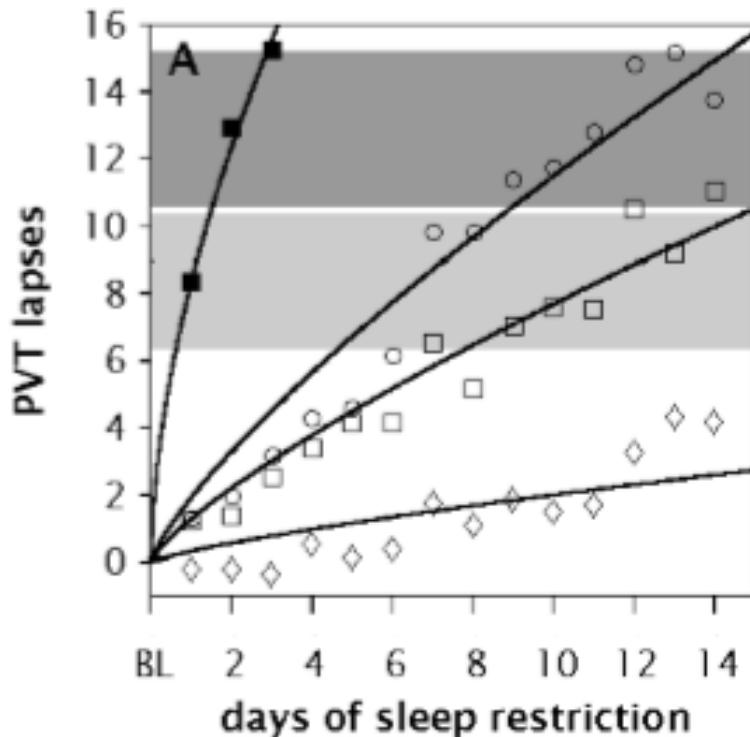


- Beslissingsmoeheid belangrijkste factor. → Plan pauzes, voeding etc voor herstel

Slaap tekort & Prestaties

Cumulatief effect → ‘*Gewend aan slechte performance*’

Je went aan minder slaap, maar merkt niet dat je prestaties achteruit gaan.



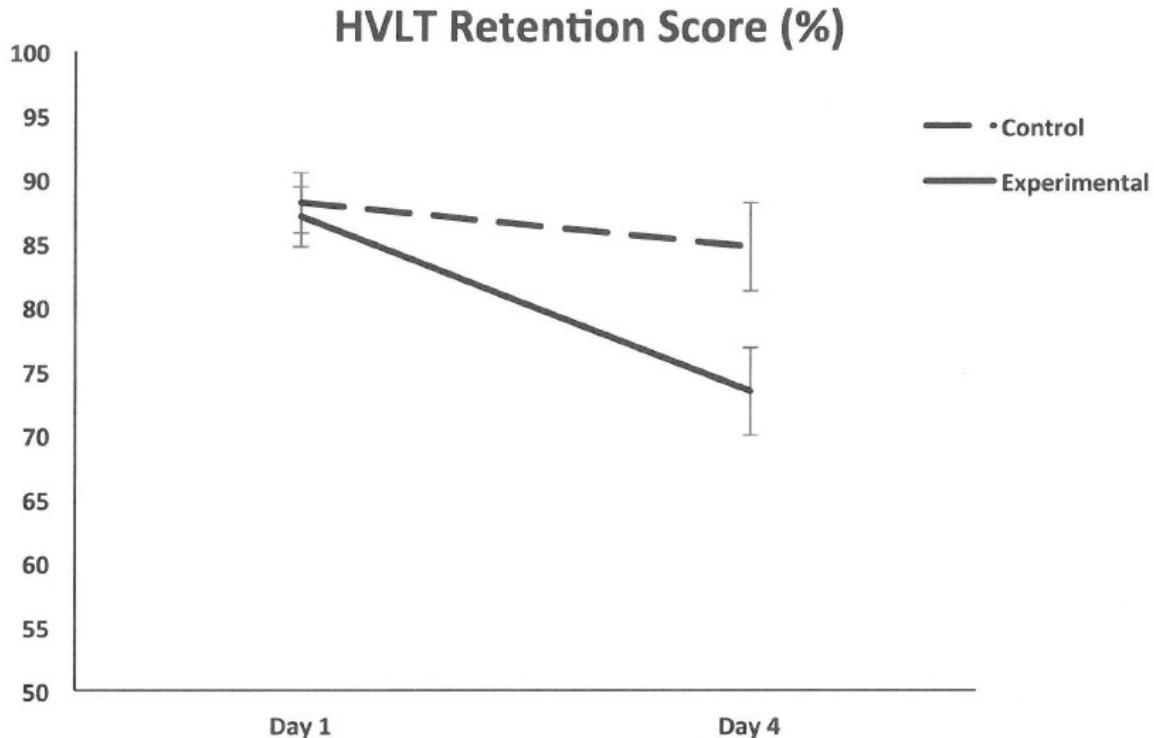
Altevogt, Bruce M., and Harvey R. Colten, eds. *Sleep disorders and sleep deprivation: an unmet public health problem*. National Academies Press, 2006.

Van Dongen, H., Maislin, G., Mullington, J. M., & Dinges, D. F. (2003). The cumulative cost of additional wakefulness: dose-response effects on neurobehavioral functions and sleep physiology from chronic sleep restriction and total sleep deprivation. *Sleep*, 26(2), 117-126.



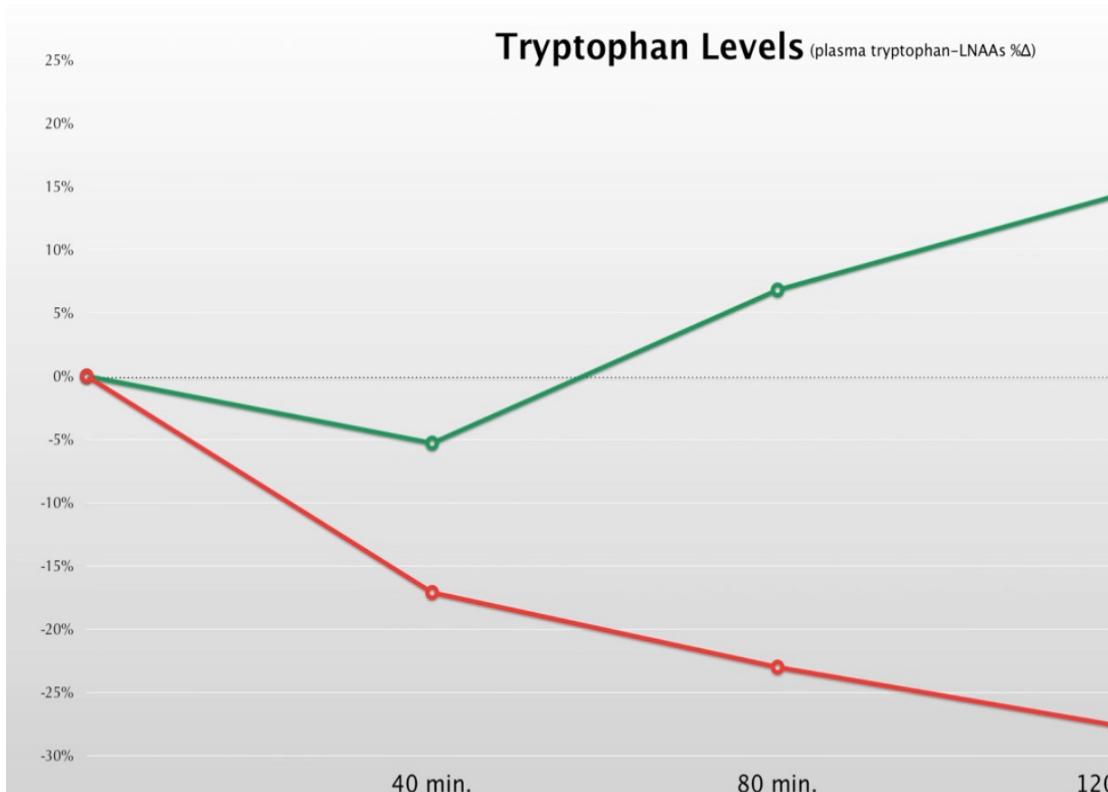
Health Coach Program
Revitalize Your Health

In 4 dagen gaat je leervermogen en geheugen achteruit bij ongezond ontbijt

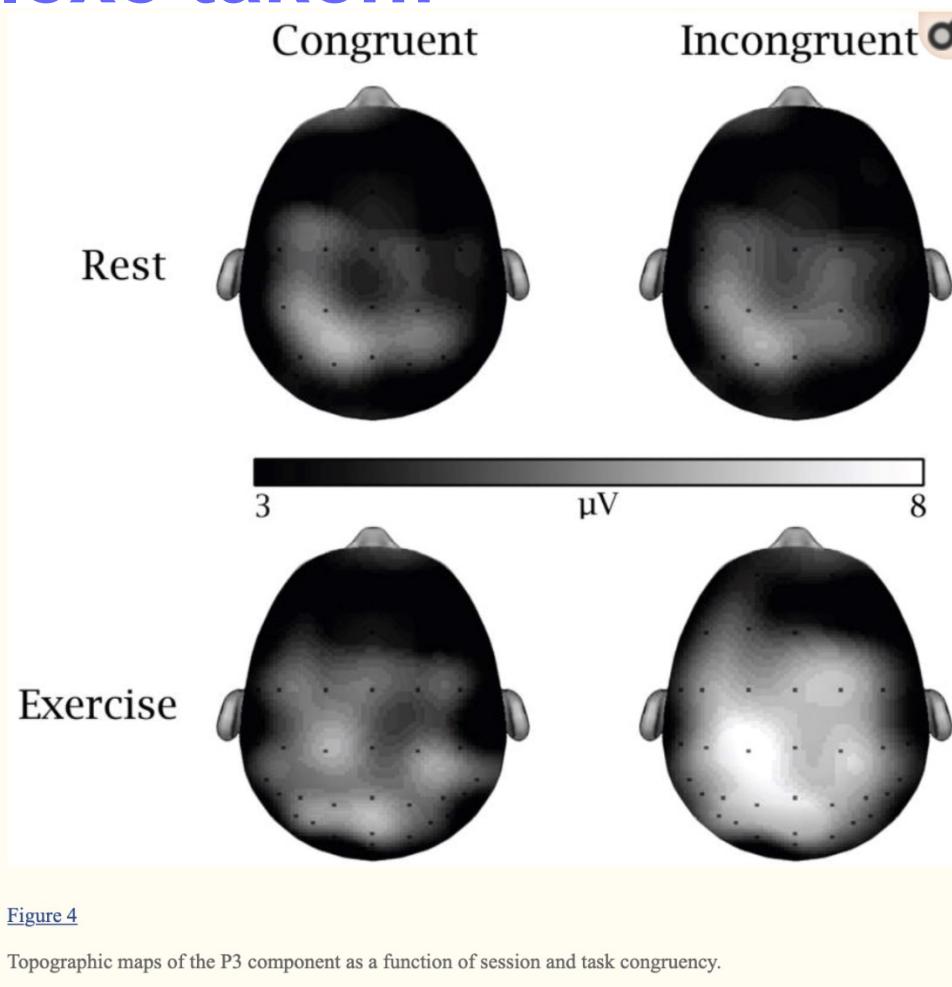
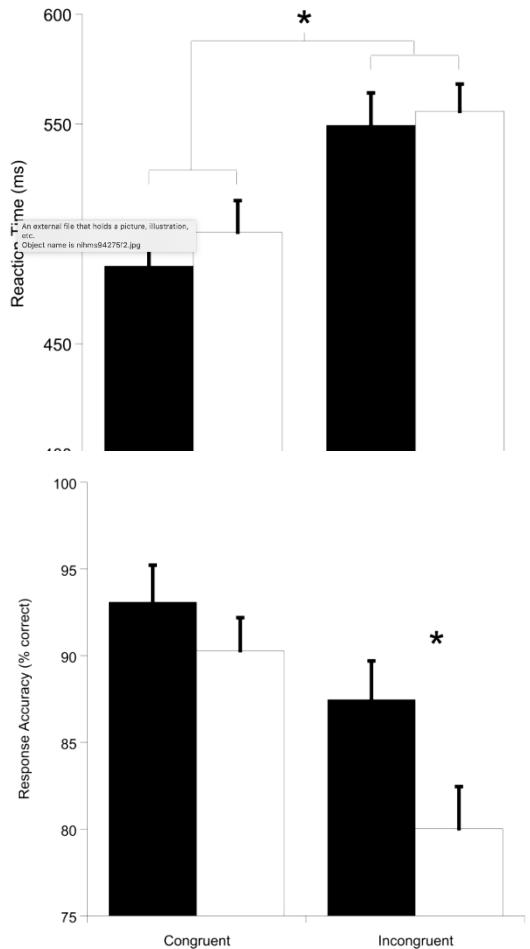


- HVLT (Hopkins-Verbal Learning Test): Learning & remembering 12 words
- After 4 days: breakfast high-fat (53% kCal, 30% kCal saturated) high-sugar (18%, of 36% carb)
- Impaired 'Hippocampal-Dependent Learning & Memory'. Impaired interoception (hunger/full)

Voeding en mentale vermogens: Wat je eet heeft direct effect op je geluksgevoel en mentale prestaties



Effecten van 20 minuten bewegen: betere prestaties bij complexe taken!



Hillman CH, Pontifex MB, Raine LB, Castelli DM, Hall EE, Kramer AF. The effect of acute treadmill walking on cognitive control and academic achievement in preadolescent children. *Neuroscience*. 2009;159(3):1044-1054.
doi:10.1016/j.neuroscience.2009.01.057



Health Coach Program
Revitalize Your Health

Wrap up: lessen van Obama

1. Herstel: ingepland

2. Support Team

→ Waarom?

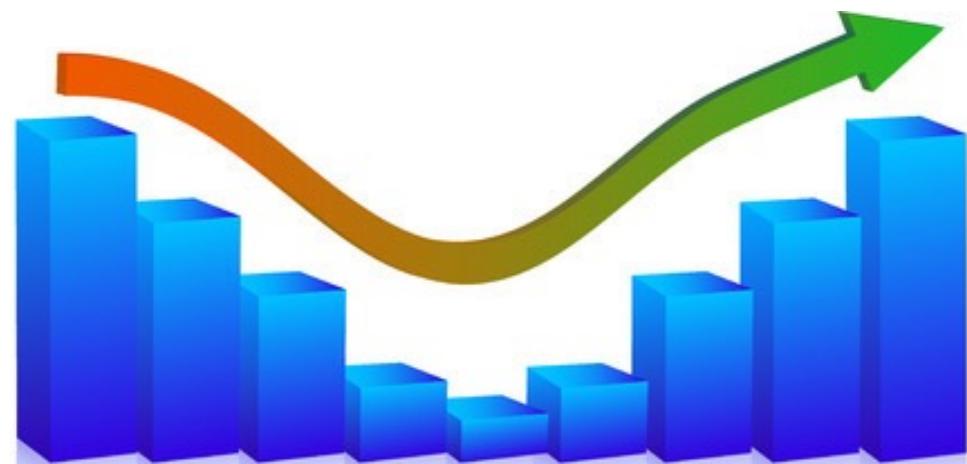
→ En jullie?



Health Coach Program
Revitalize Your Health

Wrap up, biologie van presteren

- Herstellen is onderdeel van presteren.
- Zorg voor je biologie. Met snelle impact van:
voeding, beweging, pauzes, slaap etc.
- Dan helpt je biologie bij jouw presteren!



Vitale Organisatie - Maturiteit

