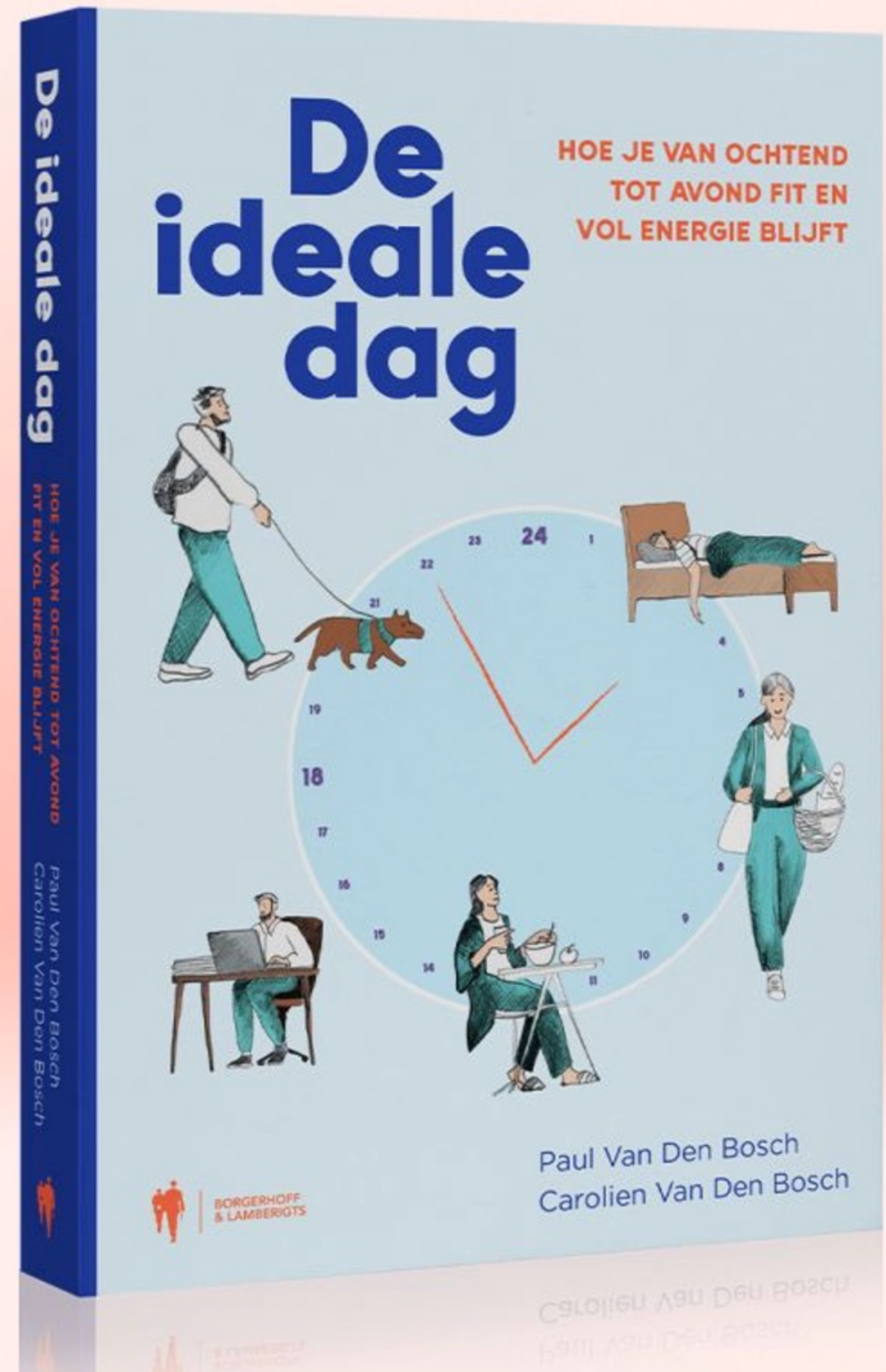


THE **IDEAL** DAY ▶▶▶▶▶

Paul Van Den Bosch





WHAT IS AN EGOPRENEUR

Egopreneurs are entrepreneurs of their own body.

They devote a significant part of their efforts to **self improvement (selfcare)** to become **more productive** in their professional live and **to better support people** in their immediate environment

ACT ****
LIKE A
COACH

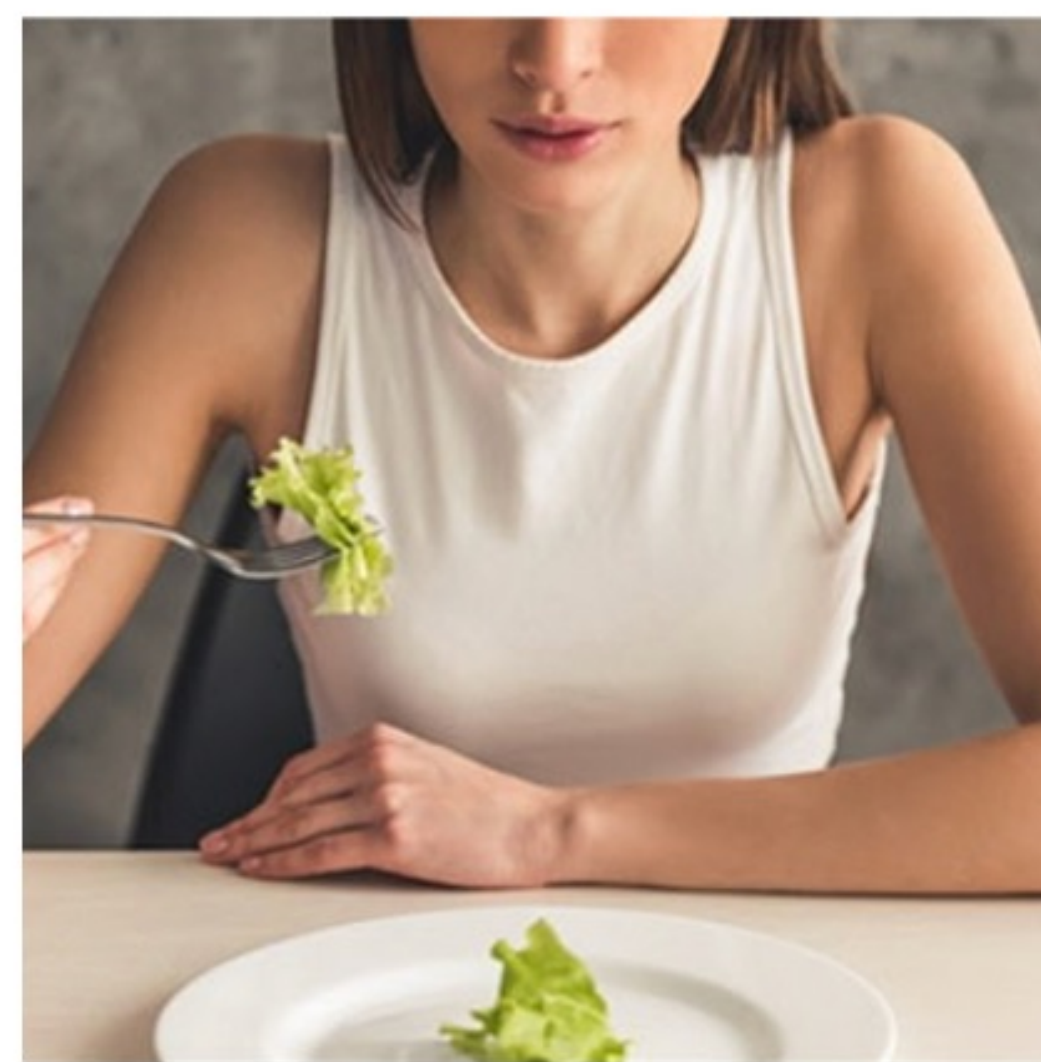
THREE ESSENTIAL PILLARS, LEADING TO A FOURTH PILLAR



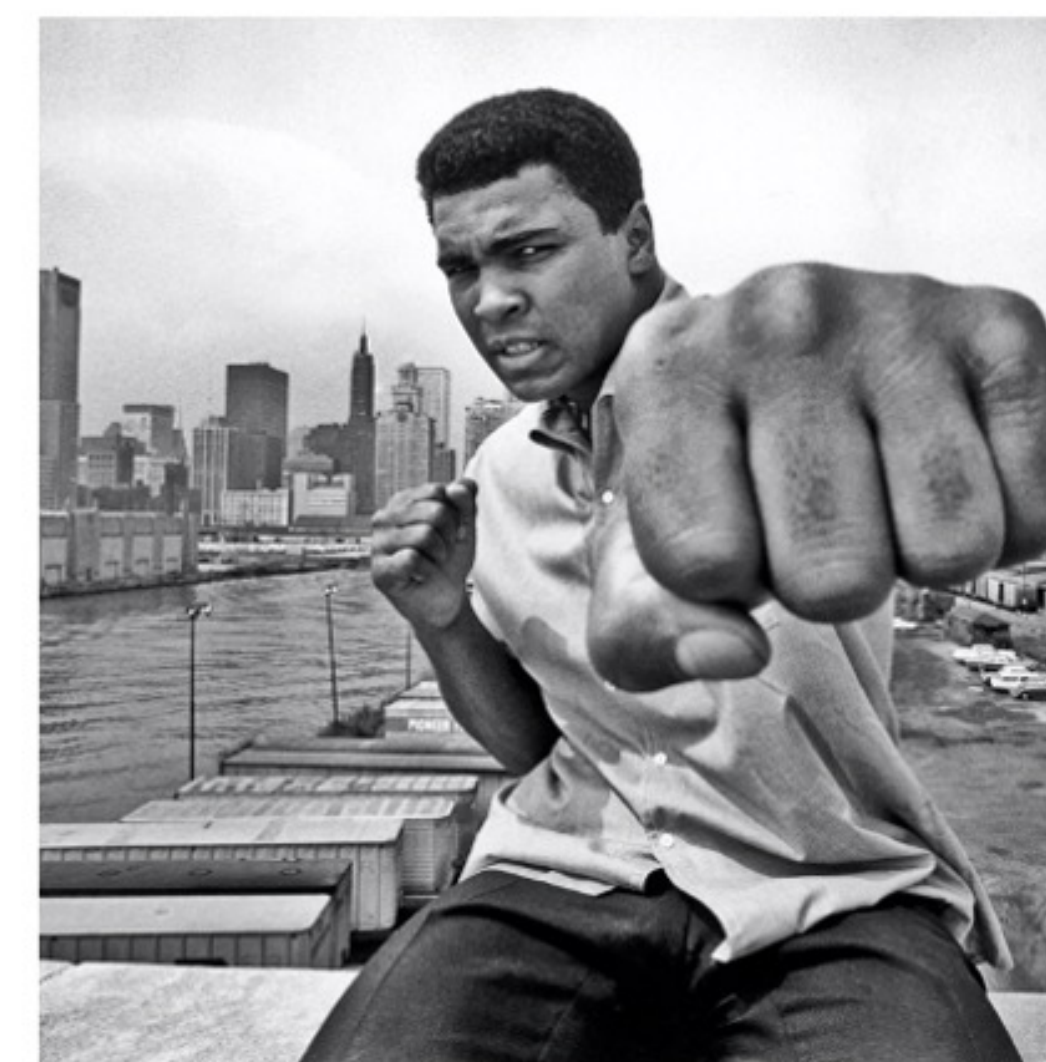
Get enough **sleep**



Exercise sufficiently



Eat and drink healthily



You grow **mentally**
strong

SLEEP

1

EXERCISE

2

NUTRITION

3

SLEEP



ACT
LIKE A
COACH

SUMMARY SLEEP ADVICE

- ▶ Stick to a sleep schedule
- ▶ Don't exercise later than 2 to 3h before bedtime
- ▶ Avoid caffeine
- ▶ Avoid alcoholic drinks before bed
- ▶ Avoid large meals late at night
- ▶ Don't take naps after 3 p.m.
- ▶ Relax before bed
- ▶ Install a dark, cool, gadget-free bedroom
- ▶ Have the right sunlight exposure (get natural sunlight each day)



ACT
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EXERCISE



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BORN TO RUN



ACT >>>
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'D. Lieberman. Nature 2014'



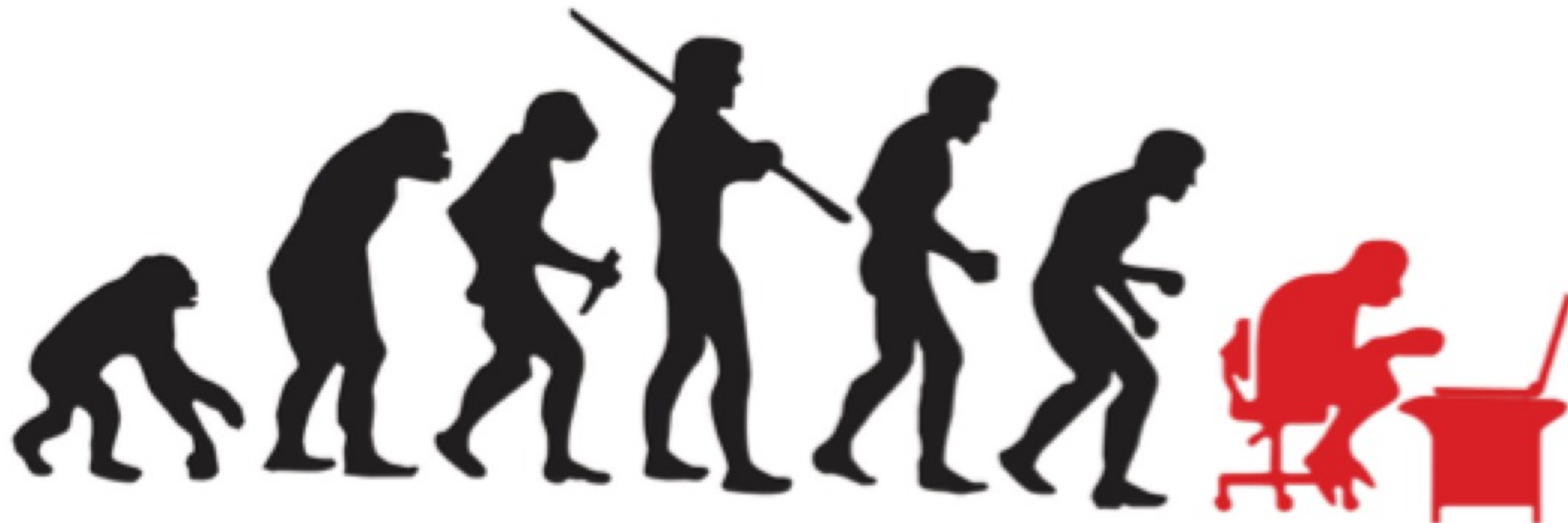
POSITIVE IMPACT OF EXERCISING

- ▶ Better cardio-vascular function (heart and circulation)
- ▶ Better respiratory function (breathing)
- ▶ Better weight control (fat metabolism)
- ▶ More energy overall
- ▶ Better maximum performance level (i.e. VO2max)
- ▶ More quality years





ACT >>>
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SITTING IS THE NEW SMOKING

SUMMARY EXERCISE ADVICE

- ▶ Exercise at least 30 min every day at moderate intensity
- ▶ Aim for 10.000 steps a day
- ▶ Exercise 3 times a week for 20 to 30 min at a slightly higher intensity
- ▶ Break your sitting pattern every 45 tot 60 min in an active way



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SUMMARY EXERCISE ADVICES

- ▶ surround yourself with the right people
- ▶ Set interim goals and celebrate small wins



IT IS NEVER TOO LATE



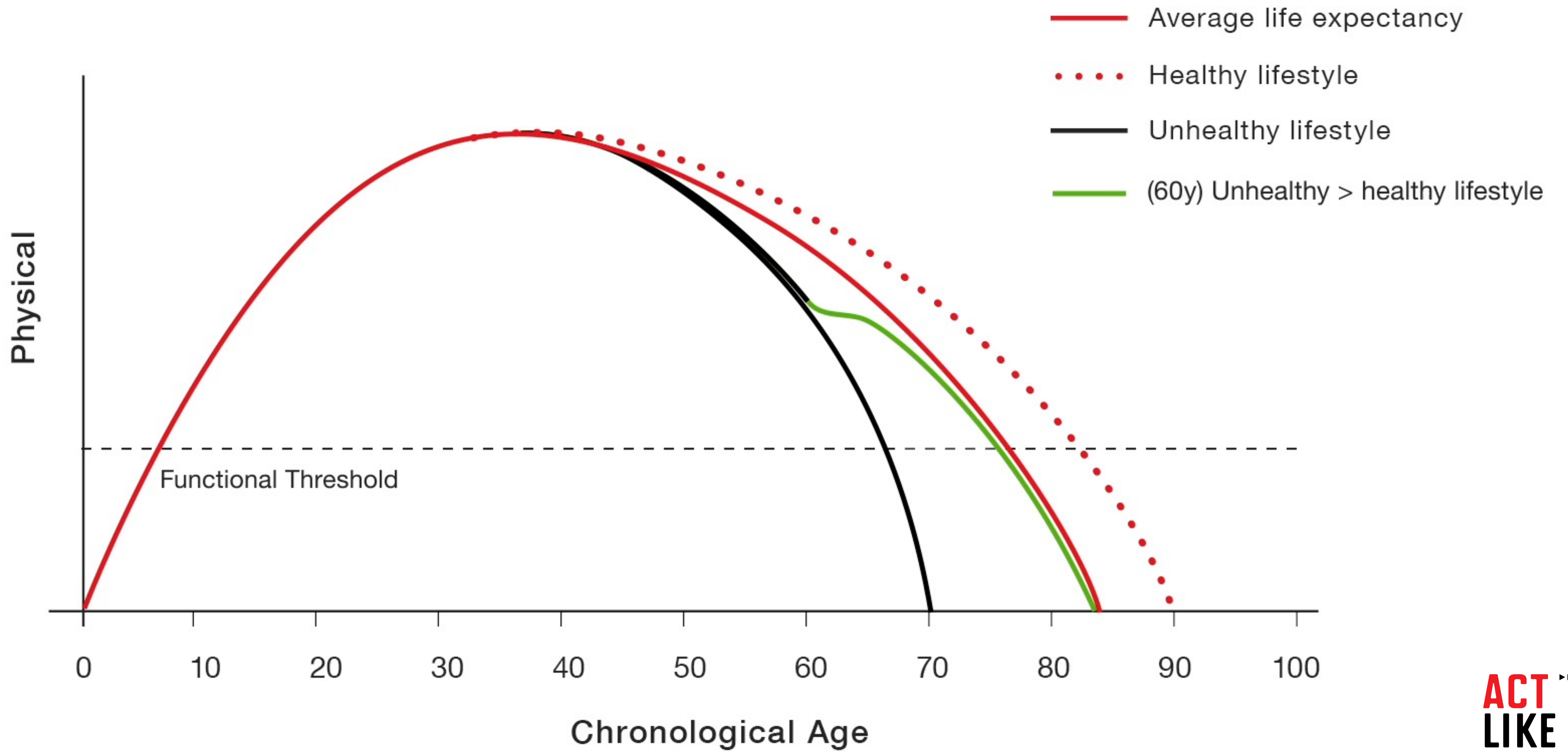
ACT ▶▶▶
LIKE A
COACH



ROBERT MARCHAND

WORLD RECORD HOLDER

- ▶ 100 years old: 26.927km/h
- ▶ 105 years old: 22.528 km/h

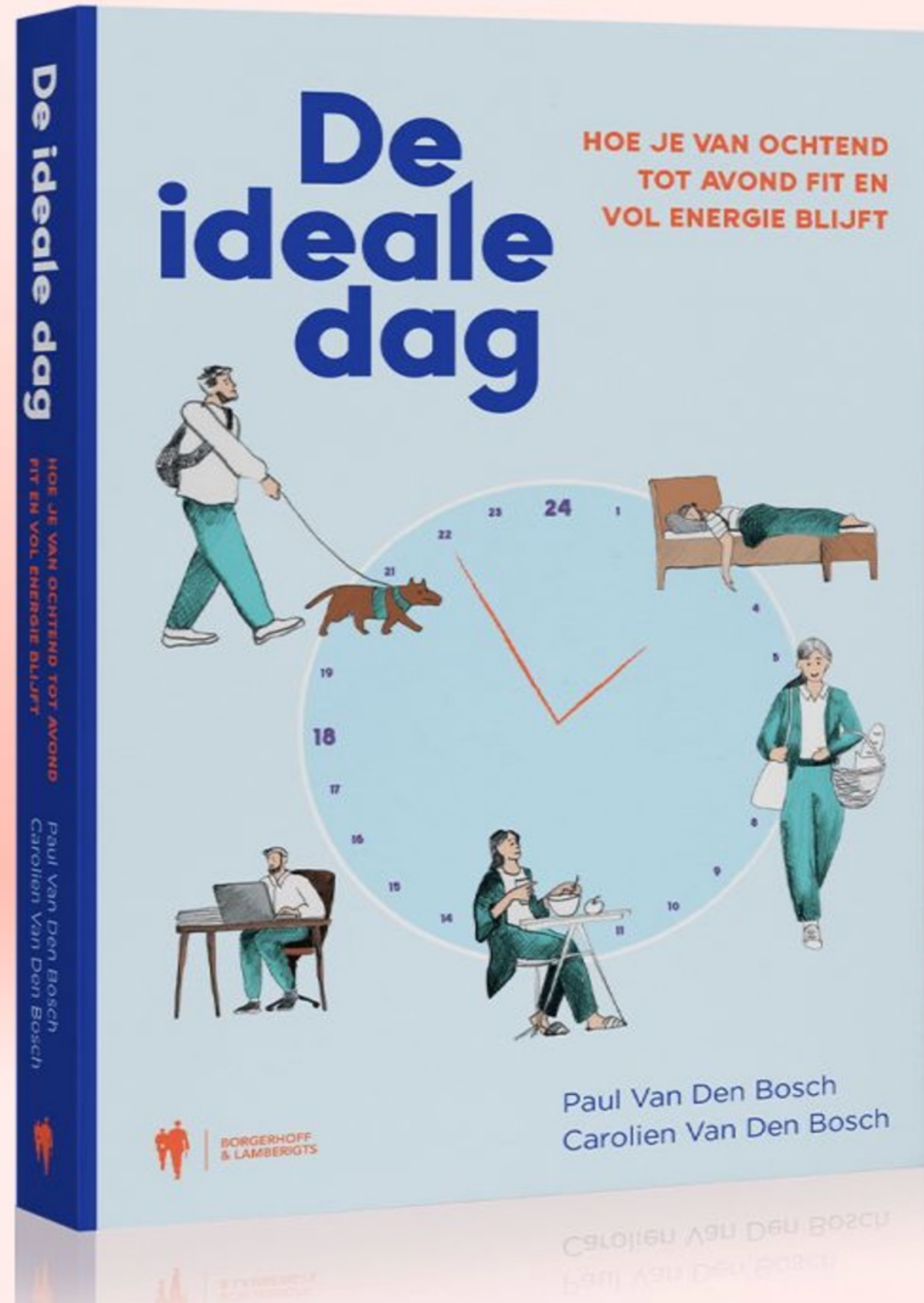


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