

# GO HUMANS ACADEMY

## THE POWER OF WELLBEING

HARRY JAMESON  
Masterclass Student Log

	MIND AND BODY	AND BREATHE...	THE POWER OF NETWORKS	TIME FOR ACTION	REST AND RECOVERY
What did you learn?	<p>What steady state cardio activities could you incorporate into your week?</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>How did you feel after box breathing?</p> <ul style="list-style-type: none"> <li>• Calmer</li> <li>• The same</li> <li>• Agitated</li> </ul> <p>What was your preferred breathing exercise?</p> <p>_____</p>	<p>What steady state cardio activities could you incorporate into your week?</p> <p>1. _____</p> <p>2. _____</p>	<p>How are you going to pay it forward?</p> <p>Today</p> <p>_____</p> <p>This week</p> <p>_____</p> <p>This month</p> <p>_____</p>	<p>Active heart rate</p> <p>_____ bpm</p> <p>Heart rate + 1 min</p> <p>_____ bpm</p> <p>Recovery heart rate</p> <p>_____ bpm</p>
Top tips	<ul style="list-style-type: none"> <li>✓ Faster is not always better</li> <li>✓ Steady state cardio will boost your endurance</li> <li>✓ Get your heart rate to a level where you can still have a chat or sing</li> </ul>	<ul style="list-style-type: none"> <li>✓ These techniques will help you use your entire lung capacity</li> <li>✓ Use them anytime you experience anxiety or nerves</li> <li>✓ Trouble falling asleep? This will help!</li> </ul>	<ul style="list-style-type: none"> <li>✓ Periodically remind yourself of your network. Use these people for support and inspiration!</li> <li>✓ Consider who you can mentor and support</li> </ul>	<ul style="list-style-type: none"> <li>✓ Giving back gives you purpose</li> <li>✓ Altruism' is the unselfish concern for the welfare of others</li> <li>✓ Giving small can feel big</li> </ul>	<ul style="list-style-type: none"> <li>✓ Improve recovery with more sleep, keeping hydrated and a balanced diet</li> <li>✓ Monitor your improvement by measuring your recovery heart rate</li> <li>✓ Bigger recovery heart rate = fitter!</li> </ul>