

The basics of staying healthy at home (sleep, posture, hydration)

Hello upswingers,

We all know the old latin proverb *mens sana in corpore sano*. In order to function properly in our jobs and life we have to stay healthy and strong.

And there are lots of ways to keep us healthy but today we'll cover the ones that:

- we already do them 😊
- occupies 70% of our time 😊
- and require **no effort at all** 🚀

For our first hlhc day day we'll go through the basics of **sleeping, sitting and hydration**.

The workshop

For today workshop we'll gather at 9AM, have a coffee/tea and start at 9:15 in breakout rooms of 4.

For the rest of the workshop each room will have to make their own setup and schedule. Just make sure you plan breaks and debriefings between each lesson.

There's no need for group debriefing at the end. When you're done, check your emergencies 🚑 and go get some ☀️ (or ☁️).

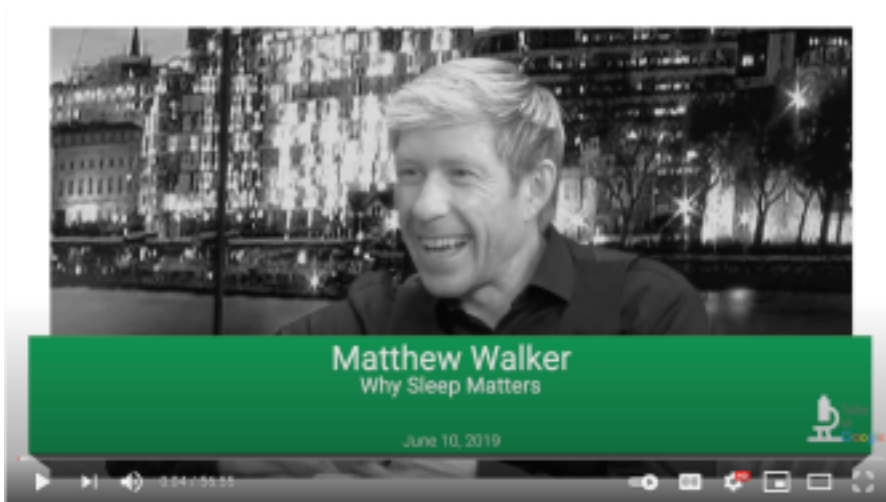
Deskbound



[https://
www.youtube.com/
watch?v=kfg_e6YG37U](https://www.youtube.com/watch?v=kfg_e6YG37U)

If you want to go in depth on the subject you can access Kelly's book [Becoming a Supple Leopard](#) in PDF format.

Why sleep matters



https://www.youtube.com/watch?v=c1yGw_hfEfk

**in the video and book you'll find some passages that argue how important is do have one daytime sleep - we won't do nap breaks just so you know 🙄 but if you can squeeze a 30' power nap in your lunch brake you're welcomed.*

Hydration



<https://www.youtube.com/watch?v=6QINhoywpRA>

TIME GENETIC SEQUENCING COULD REVOLUTIONIZE PUBLIC HEALTH VIDEO

Dehydration is a drag on human performance. It can cause fatigue and sap endurance among athletes, according to a 2018 study in the journal *Frontiers in Physiology*. Even mild dehydration can interfere with a person's mood or ability to concentrate.

Water is cheap and healthy. And drinking H₂O is an effective way for most people to stay hydrated. The National Academy of Medicine recommends that adult women and men drink at least 91 and 125 ounces of water a day, respectively. (For context, one gallon is 128 fluid ounces.) But pounding large quantities of water morning, noon and night may not be the best or most efficient way to meet the body's hydration requirements.

<https://time.com/5646632/how-much-water-to-drink/>

Changing our behaviours

A lesson learned is a change in our behaviour, a shift in our paradigms, a new set of lenses we see the world through. So the hardest part is not **receiving the information** from these workshops. The hardest part is to **internalise it, think a lot about it and make a change** in how we do things after.

To maximise the chances of sticking to something after this workshop we did 2 things:



1. We bought everyone a copy of Matthew's book, *Why we sleep (Despre somn)*, it should reach you shortly.



2. Starting today you can request a **Straight back kit (laptop stand, keyboard & mouse)** through the our equipment request form.

The kit consists in:

[Logi keyboard & mouse kit](#)



[Laptop stand](#) that can be also used to make a standing desk (with some ingenuity)

APTONIA

3 in 1 massage kit



How to use it:

- https://www.youtube.com/watch?v=2l_UgFq4dlo
- <https://www.youtube.com/watch?v=7KVHo2lt4JQ>
- <https://www.youtube.com/watch?v=lvJutKL8Tv0>