



AURUM

6 Minute Guide to Wellbeing in 2021



What is "Wellbeing"

“

Simplicity can be boiled down to two steps: First, identify the essentials. Second, forget the rest.”

- **Leo Babauta**

To put it simply, it's about the state of physical and mental contentment. And since you have often asked us, how else can you amplify your wellbeing and what can you tweak to achieve your goals and feel better beyond the 6 Minute Workout, here's our answer.

In absolute AURUM fashion, we've looked at the levers with the biggest impact and least effort and summarized them for you in this 80/20 Wellbeing Guide to kick-start and enjoy 2021.

Wellbeing is the intersection of health, fitness and happiness. All three are interconnected. For example, fitness is necessary to enjoy a skiing vacation with the family. The fitter we are, the lower the risk of injuries and certain diseases and the more joyous are activities that make life worthwhile.

This, in turn, gives us peace of mind and makes us happier. Quite frankly, the quality-of-life increases which motivates us to stay fit and healthy.

Any system that has such dependencies presents opportunities but also risks. This is known as the "Flywheel" or the "Doom loop" effect. It suggests that if you improve one part of the system, the others will be positively reinforced, going full circle and improving the initially improved part even more. Quite a mouthful. Therefore, we would like to share with you this practical guide filled with top tactics and behaviors that will help you accelerate your "Wellbeing Flywheel" in 2021 and beyond.

As always, the proof is in the pudding. Our recommendations are based on the work done by renowned scientists in the fields of medicine, biochemistry, psychology, brain research, sports science, and of course based on the experience of the AURUM team in competitive sports. Science and experience aside, the most important thing is that you feel good after introducing a new routine. So do not force anything and listen to your body.

The main areas of **Wellbeing.**



Nutrition.



Because we are what we eat. Our physical, emotional and mental performance is heavily influenced by the food that we eat in the short and the long term, whether we like it or not. Unfortunately, the delicious chocolate croissant does not enhance our focus for the next meeting.

Movement & Sports.



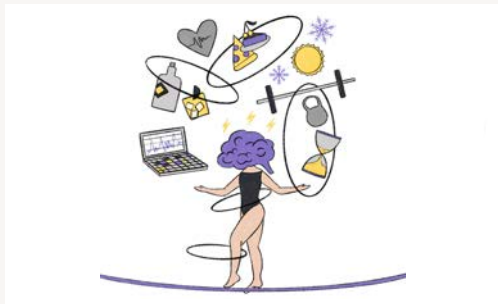
Because we are evolved to walk. Therefore, the 10,000 steps should be on the daily agenda. Without movement, our body cannot supply itself with sufficient oxygen and nutrients. Even worse, we poison ourselves with our **sedentary lifestyles**: The lymphatic system depends on muscle contraction to remove metabolic waste from the cells of your body.

Sleep.



Because good sleep remains the most efficient "measure" for regeneration and physical wellbeing. If you take nothing else from this guide but the urge to improve your sleep routine, you have already won.

Mindfulness.



As Ram Dass said, *"The only activity with ultimate intrinsic value is to become more mindful."*

We need to be aware of how rich our life is. Paying attention to what we do every day is a superpower, even and especially when things are going bad. If we're not aware of our environment, thoughts and feelings, then we can't change them. Or we can't appreciate and enjoy them enough.

When was the last time you felt truly grateful that there is such a thing as vanilla spice? Seriously!?



Nutrition



Eating is a need, enjoying is an art.
- **Francois de La Rochefoucauld**

When it comes to mental and physical wellbeing, there's no way getting around proper nutrition and healthy eating habits. But what is the right nutrition? Almost every nutrition theory has invented its own diet. On the one hand, you have the low-carb advocates who demonize carbohydrates. On the other hand, the vegans who demonize all animal products. And then there is the Low-Fat fraction which suggests avoiding fat at any price. The question is, what is the right nutrition for you?

Everything in our universe can be broken down to basic principles – the so called "first principles". Nutrition is no exception.

If one of the diets mentioned before works well for you, then it's because they meet one or more of the principles we have listed below. Don't start with all the principles at once - it's best to start with just 1-3.

Our Top Nutrition Tips

1. Eliminate foods that promote inflammation

Including sugar, sweets, baked sugary goods, fried foods, processed and convenience foods, energy drinks and fruit juices. Mild chronic inflammation, which creeps in and is hard to measure, robs us of both physical and mental energy. Let's put it this way: death by a thousand cuts. To avoid inflammatory foods, see a list of suspect foods, for example in [this article](#) in "The Active Times" (for full reference, see p.15) or [download our easy-to-use traffic light system](#).

2. Balanced diet

It is recommended to eat as many different nutrients as possible. To achieve that, studies suggest to eat as colorful as possible. Different colors provide different nutrients. Hence, variety is key. Balanced also means eating lots of vegetables and salad, which you can combine with a high-quality source of protein and fat, such as a wild-caught fish, grass-fed meat, cheese or pastured eggs.

3. Quality over quantity

It's not just about what foods you consume, but how those foods were produced. Therefore, **pay attention to where your food comes from.** Meat from factory farms never contains as many nutrients as meat from pasture-raised or wild animals due to the side effects of supplements, antibiotics, toxins and non-species-adequate diet (for instance, grains for cows). The eggs of chicken that were raised freely walking outdoors are much richer in nutrients than the eggs of their conspecifics that were fed with artificial industrial feed, have hardly seen sunlight and lived on grid floor.

4. Intermittent Fasting

There are different types of interval fasting. The most popular and best suited for starters is 16:8, which makes you fast 16 hours and eat within an 8-hour window (one typically skips breakfast). Firstly, having an empty stomach for 14 hours and longer starts autophagy, a self-cleansing process of the cells which breaks down defective or unneeded cellular components for utilization elsewhere. A natural recycling, detoxing and anti-aging process of the body. Secondly, intermittent fasting is great for weight loss because it guarantees long periods of **low insulin levels.**

High Insulin levels literally block the biochemistry of fat loss. However, it's not recommended during stressful periods in your life. Thirdly, it helps to build a positive relationship with food, to choose and consume food more mindfully and to enjoy it much more in the process.

5. Intuitive eating

Intuitive means eating when you feel hungry and stop eating when you are about 80% full. Quite simply, if you want to lose weight, you should still feel a slight desire to continue spooning after you have finished a meal. The feeling of satiety usually takes about 10-20 minutes to set in.

6. Restrain from processed foods, canned or artificial foods and toxins that come along

These products rarely provide enough micronutrients and, unfortunately, come with many artificial additives. Chemical additives in processed and convenience foods contain pesticides, such as glyphosate on vegetables, and anti-nutrients, like refined oils, which are fierce performance saboteurs.

7. Test

You can guess it, or you can test it. We often have symptoms such as fatigue after eating, abdominal pain, severe bloating, skin rashes, chronically low blood pressure, migraine, or lack of willpower. These are symptoms that can be ignored or identified and eliminated by adjusting food choices and eating habits. A first assessment, which will give you a hint whether you're eating a "species-appropriate" and healthy diet, is a simple Omega 3:6 blood fatty acid analysis.



A fatty acid analysis can be done conveniently at home using a blood test, for instance from norsan-omega.com.

It analyzes the omega-6 to -3 ratio.

The normal ratio for our species is 2:1 but the standard western diet promotes ratios of 15:1 and worse, which causes extreme chronic inflammation.

Testing for allergies, intolerances and sensitivities also provides some insight but be aware signal and noise here. You will naturally test slightly sensitive to foods that you consume often. However, it makes a significant difference to restrain from the foods that you identify as your personal kryptonite. Also, check if you've got sufficient enzymes in your stomach and bacteria in your gut to digest food and absorb nutrients.

8. Hydrate - drink water

Sufficient hydration ensures that your cell walls stay elastic, and that all biochemical receptors work efficiently. Most notably, adequate hydration promotes fat loss and detoxification through this mechanism.

These are our 80/20 tips for better nutrition. Generally, it is recommended to stay in slight caloric deficit if fat loss is your goal and to reduce carbohydrate consumption or eat more "slow/complex carbs" (grains) and less "quick carbs" (pasta, white bread). For more on this topic, type "carbohydrates" on aurumfit.com/blog.





Movement & Sports



Whoever wants something, finds ways to achieve it. Who does not want anything, finds reasons to quit."

- **Willy Meurer**

Our guiding principle is to make strength training as easy as possible for you so you can enjoy your life. Strength training is not an end but a means to an end. That means a focused 6 Minute Workout once a week helps you build strength which comes with enormous health benefits. Benefits you can enjoy the rest of the week during the activities you love. With AURUM, you cover the essential basics. Current research shows that in terms of improving "health and fitness," there is no added benefit to working out for hours each week; on the contrary, too much training can cause unnecessary inflammations.

Low intensity exercise (e.g. walking) is very healthy and should be incorporated into your daily routine.

To maximize physical wellbeing and maintain it at high levels, a combination of strength training and active recreation is highly recommended. Whether running, swimming, dancing, yoga or hiking: Those who move, and exercise stay physically and mentally fit.

Our top movement & sports tip

Our wellbeing formula:

High Intensity Strength Training (HIT) + lots of movement at low intensity = :)

More strength means more muscle mass which means higher quality of life. To better grasp this idea, we need to look at the other extreme: If our body can no longer bring up strength, you are dead or incapacitated. Accordingly, somewhere in between the two extremes lies a high-quality experience of life:

Think of those situations when our ability to hike up the challenging mountain peak exceeds the necessary skills required, when cycling up the hill feels like a fun challenge and not a struggle or when we effortlessly stand up from a squat position while snowboarding. A greater overall ability of your body to move through space drives quality of life like nothing else.

When it comes to proper strength training, the rule is: Short, intense, simple & infrequent. Some advantages of good strength training are:

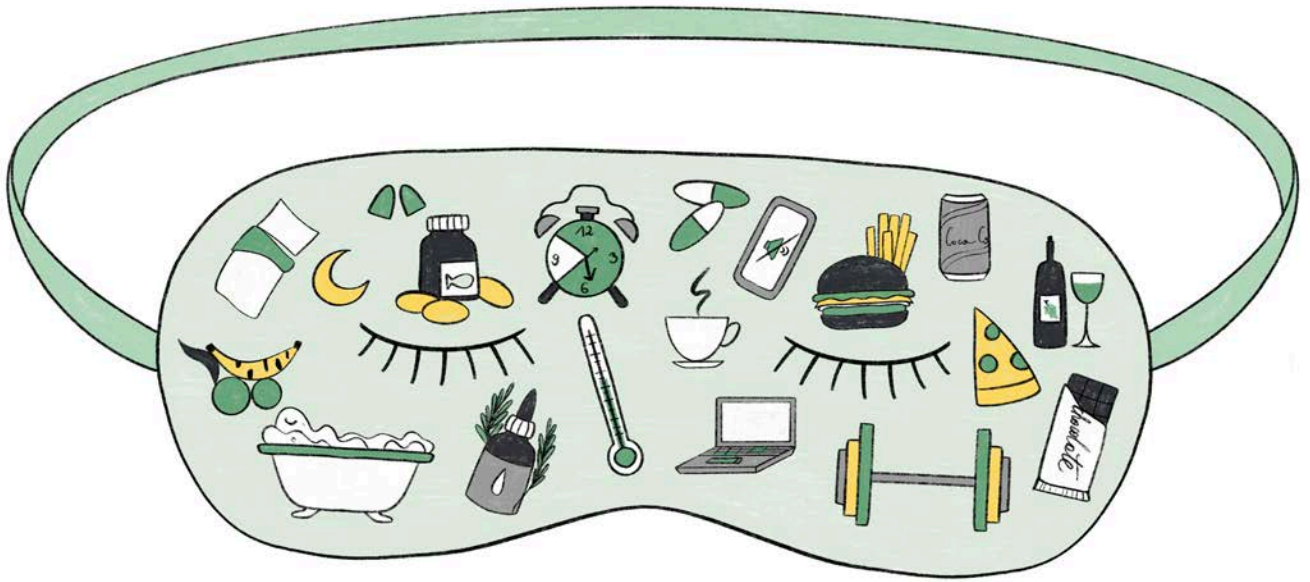
- 1. Increased basal metabolic rate:**
1 kg of muscle mass burns 60 calories without any activity. This quickly adds up to a much higher caloric expenditure 24/7. Something that could never be achieved through, say, jogging.
- 2. Immediately increased fat burn:**
Increased metabolic rate immediately after the workout as well as improved ability to burn fat reserves for energy even while you are resting days after the workout.
- 3. Increased insulin sensitivity:**
Intense strength training maximally increases insulin sensitivity and promotes the mobilization of energy from fat cells via the release of adrenaline and the associated activation of hormone-sensitive lipase (HSL). To put it simply: An increased fat burn cocktail.

Further benefits of HIT:

- **Detoxification** through movement of lymphatic fluids
- **Reduced anxiety in daily life**
- **Increased memory** and awareness
- **Reduced fatigue** and increased release of **feel-good hormones** and neurotransmitters
- **Increased bone density**
- 200-700% increased release of **growth hormone** (HGH) and **testosterone**.

Now you know why every AURUM member grins with delight in the days after the 6 Minute Workout, when they watch their colleagues sweating for hours in the gym. It just feels good to have found a better way.





Sleep

“

The trick of wisdom in life is to know how to squeeze in sleep of any kind at the right time.” - Friedrich Nietzsche

Sleep is the MOST IMPORTANT lever for better health and wellbeing. That's it. Chapter over. Seriously, sleep and water deprivation are the fastest killers. In an ideal night's rest, a relaxed deep sleep phase is followed by a very active dream phase. This is repeated at intervals of about 90 minutes. An adult person should have four to six intervals every night.

It's not only quantity that counts but also quality. In the deep sleep phases, our body releases human growth hormone (HGH), which stimulates the formation of new cells. These are needed for wound healing, renewal of skin and organs. Nerve cells are also rewired, new neuronal connections are formed, and our day's experiences are

permanently stored and newly gained knowledge and skills are "hardwired".

Even "losing weight during sleep" is only possible if sleep is deep and restful. This is because the fat cells release the hormone leptin, which is important for weight loss. Studies show that people who always go to bed and get up at the same time have up to 15% higher life expectancy. Whoa!

A "disciplined" approach to sleep should be easy, right? So why don't we sleep? In our rushed modern society, two reasons offer the answer: Chronic stress and too much time in front of a computer, phone and TV screen. We simply believe that we don't have the time to sleep because we still have so much to do. In the process, we forget that we work much more productively when we are well rested and thus get things done faster. A vicious cycle.

Our top tips for a good night's sleep

1. Make proper use of the hormone adenosine / avoid substances that disrupt sleep quality

- No naps or only early in the day, no longer than 20 minutes
- Do not fall asleep before going to bed (on a couch)
- Avoid sleeping pills (usually harmful for healthy sleep)
- No caffeine after 2pm
- Avoid or reduce nicotine and alcohol in the evening

2. Exploit your circadian rhythm

- Give your body a chance to sleep 8 hours every day
- Go to bed at the same time every day (+/- half an hour), even on weekends

3. Activate sympathetic nervous system and melatonin

- No blue light (reduce smartphone/TV screen time, dim or turn off the lights) 2 hours before going to bed (if you still work with the PC, download the free F.Lux blue light filter)
- Have a relaxation routine before going to bed (meditation, breathing exercise, short walk)
- No pressure: Don't look at the clock. If you can't fall asleep for an extended period, it's usually better to get up for 15-20 minutes and then go back to bed
- Dark room (consider wearing a sleep mask to block any light)
- Cell phone off / flight mode on, turn off WLAN, turn off electrical appliances and any light sources in your bedroom

- Smart fluid intake throughout the day: Drink little before bedtime so that you don't wake up thirsty or because you need to go to the bathroom
- Only eat a light dinner before bedtime. Do not overeat. Healthy light food helps with better sleep
- No heavy physical activity / no intense exercise 2 hours before bedtime. However, sports and exercise longer than 2 hours before going to bed will help you fall asleep easier and improve sleep quality

4. Cool down your body

- Wash face and hands (warm or cold water) / take a bath
- Keep bedroom relatively cool
- Choose blanket according to the season / temperature. Rather lighter than heavier. Go for breathable sheets e.g., linen.

5. Supplements

- Magnesium (L-threonate) 60min before bedtime.
- Omega-3, L-theanine, Ashwagandha, GABA
- Eat carbohydrates preferably in the evening and do not eat anything 3h before sleep

Notice how your sleep quality improves after the 6 Minute Workout or any other exercise. Fitness not only reduces stress, which is often the cause of sleep disorders, but also increases sleep time and deep sleep, which is considered the most restorative phase of sleep and essential for wellbeing. Find out more about sleep, its science and tips how to improve sleep quality on aurumfit.com/blog.





Mindfulness – Resilience

“

Mindfulness, yoga, prayer, meditation, and contemplation aren't just tools reserved for retreats over long weekends anymore – they are the ultimate performance enhancers.”

- Arianna Huffington.

The term mindfulness has seen an incredible boom in recent years. One could speak of a fashion trend.

Why have we included mindfulness in our 6 Minute Guide? Well, when you are mindful, you can notice your internal and external experiences as they unfold. When you are aware, you can improve your state. In other words, you can actively shape your environment, develop a positive self-image, and build positive relationships with family, friends and colleagues. Thus, mindfulness is central to enhancing your wellbeing.

Why is mindfulness one of the most effective levers for greater wellbeing?

Certainly not because it's a hype or a stress reduction trend, but because it's a prerequisite for emotional and mental wellbeing, and thus a "meta-skill" that makes everything else easier. Better relationship with food & substances. Better sense of and appreciation for your body. Better sleep. Better relationships and friendships. With mindfulness, you can master your own emotions, use them to take action, and feel empathy toward others.

Some wellbeing effects demonstrated in clinical studies:

- Mindful eating and better weight management
- Improved cognitive performance
- Reduced stress, anxiety and fatigue
- Improved sleep quality
- Better management of negative emotions and chronic pain
- Improved immune system function
- Slower heartbeat (which is great)
- Lower blood pressure
- Improved digestive system
- Relaxed muscles
- Improved blood and oxygen supply to the brain
- Reduced depressive moods and stress
- Improved emotional stability
- Increased ability to learn, focus and be creative

Sharpening your thinking and your awareness in the now can be practiced in different ways, meditation being one of the most popular. Practicing mindfulness means, for example, becoming aware of certain bodily sensations or consciously devoting yourself to a single activity (bye bye multitasking).

Our top tip for more mindfulness

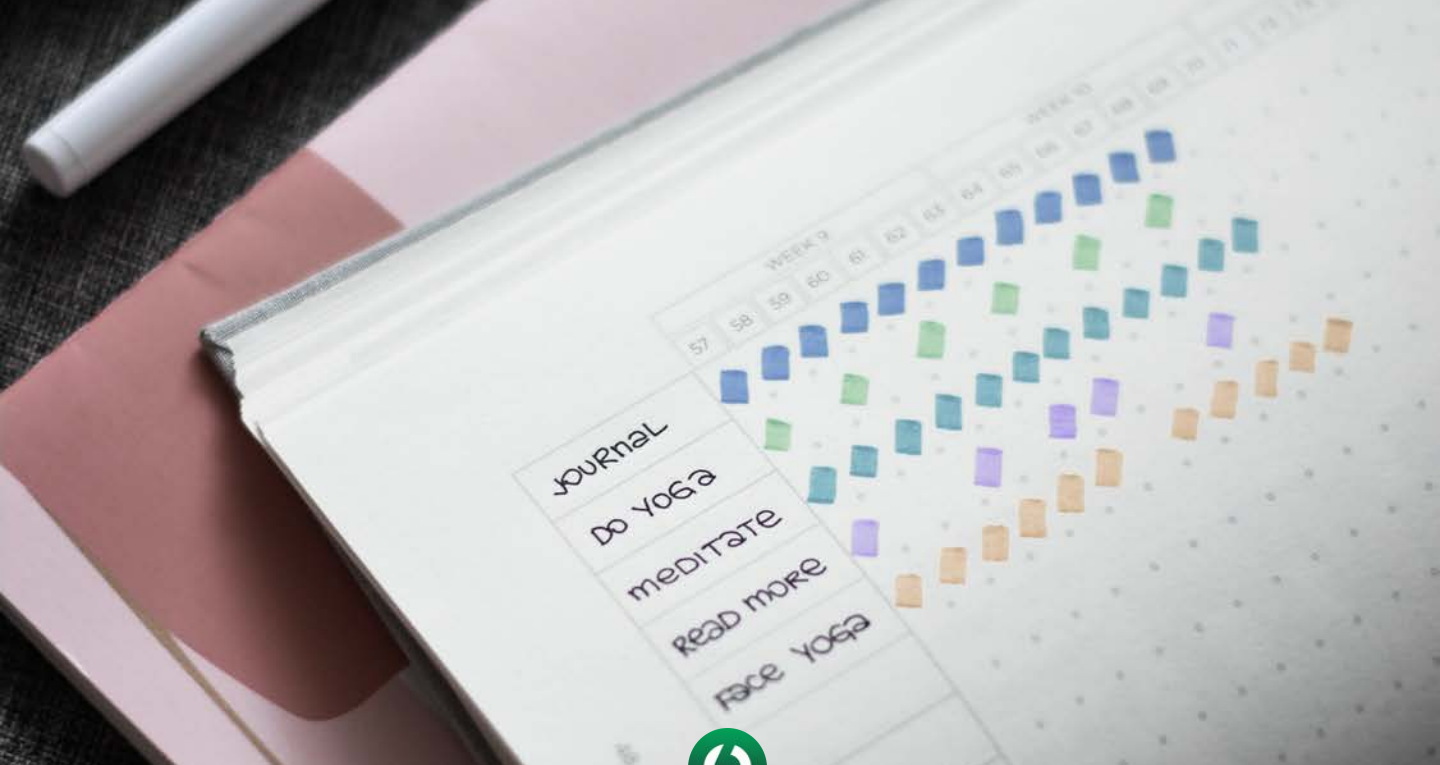
Meditation

Meditation helps to amplify the alpha waves that are generated in our brain. Alpha waves are part of the brain wave spectrum, which can be measured by EEG. Better performance in physical and mental activities is directly associated with alpha waves. They trigger the following beneficial physical, emotional and mental effects, among others:



Can you remember the moment when you stood on the top of a mountain, exhaled deeply and admired the wide horizon? We wish you this feeling here and now, wherever you are reading these lines.





Habits

“

The nature of man is always the same; it is their habits that separate them.” - Confucius

One of the most exciting aspects of starting a new year is the feeling of new opportunity - the chance for a fresh start. However, statistics show that 80% of people give up on New Year's resolutions on January 19th. How do the rest achieve their goal?

Research conducted by Strava with over 800 million user logged activities in 2019 shows that the 19th of January is the day most people give up their New Year's resolution. Strava is a social network with over 40 million users who track their sport activities such as cycling, jogging or swimming. While it's certainly more difficult to achieve an ambitious goal than a small one, the difficulty of the goal is not nearly as important as the habits that enable you to reach the goal. You are the sum of your habits. That's why we want to share with you how to develop a habit-building concept for yourself in

6 minutes and integrate it into your daily life.

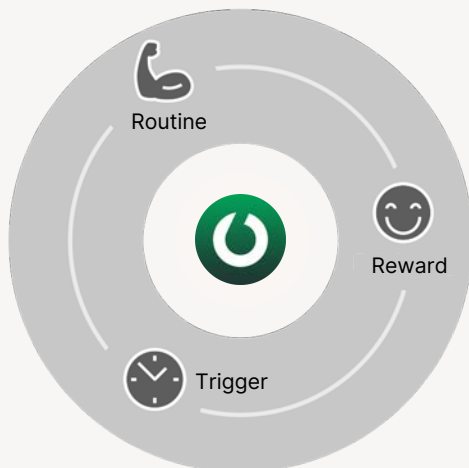
To the question of how to overcome the "quitter's day" without quitting, there is only one answer: Build a habit.

Scientists claim that habits represent about 40% of our daily actions. Whenever we do something habitually, our brain saves energy. And this is important because even though our brain is only 2% of our body weight, it uses about 20% of our energy. When you perform an action habitually, you no longer need any willpower. The subconscious mind does the work on autopilot. So, if the goal is to lose 5 kg of fat, the crucial thing is to reprogram the brain first. When this happens, the rocks on the journey to your goal - such as the inner struggle to eliminate snacks in between meals or to get up early in the morning for strength training - can be overcome easier.

How does our brain develop new habits?

To build a new habit, you need to understand how the brain works.

The brain turns an action into a habit whenever you feel good while performing it or immediately afterwards. Whether it's developing good habits or bad habits, the brain proceeds in a three-step loop:



First, your brain is constantly looking for triggers that can activate a habit routine. When the trigger occurs, a signal is sent to your brain which habitual activity should be activated ("autopilot"). There are basically 5 types of triggers that you can use to start developing a new habit:

- Location
- Time of the day
- Emotional state
- Other people / accountability partner(s)
- Another immediately preceding activity

Now you perform a routine, which can be physical, mental or emotional.

Finally, you follow up with a reward that helps your brain decide whether this specific activity loop is worth remembering for the future, or not.

Important: To develop new habits, you should focus on rewards rather than punishments.

To be among the few who achieve their yearly goals, try the following:

1. Rephrase your New Year's resolution into a concrete, measurable goal

Very important: Start small. The first habit you want to develop should be as small as possible. After all, if you manage to get into a new habit, it will give you a feeling of satisfaction, which in turn will motivate you. Let's take an example: Lose 3 kg.

2. Integrate the trigger and the reward into your existing daily routine

Every Friday at 12:30 (trigger: time) when you do home office (trigger: existing action), make an appointment with your colleague (trigger: accountability partner) to do strength training. A possible reward could be the **sense of achievement evident in the Power Report and 3D Scan or the sushi afterwards. Take a moment to acknowledge it.**

However, to see progress as the only motivation is dangerous. Enjoying the positive feelings after training by consciously noticing them over a cup of tea or by treating yourself to something pleasant (reward) guarantees an automation in the brain.

3. Design your environment accordingly

Block the calendar, book an appointment, have your gym clothes ready for the workout, and eliminate anything that can keep you from being active. For the "but what if..." scenarios, you need to have a plan. So, if you don't do home office on Friday and your partner gets sick, will you still workout or postpone?

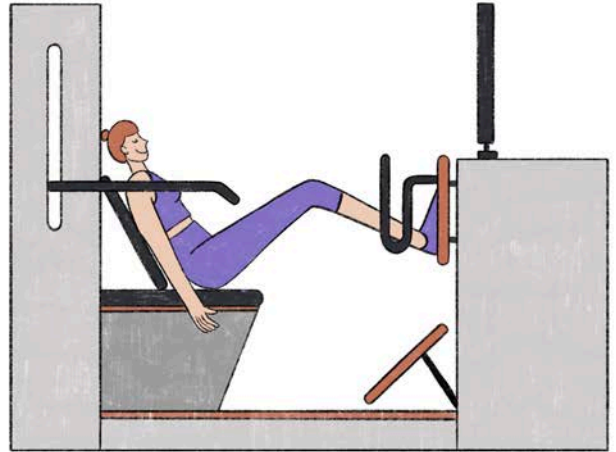
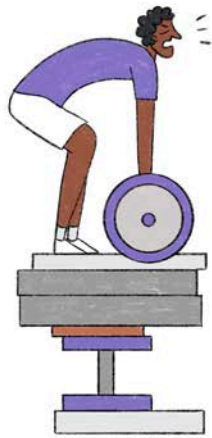
4. Track and trace your progress

«What gets measured gets done». When you focus your brain on the successes you've already achieved (the progress) rather than the remaining path to the goal, you're more likely to stay motivated and consistent. If you're doing strength training, do a 3D scan before your next workout and then again two months later. If you're doing interval fasting, use the app Zero or BodyFast or write a journal. If you want to improve your sleep, use the app Sleep Cycle. If you want to build a meditation habit, try Muse, a biofeedback device and an app. Find a way to track progress that works for you.

5. Plan for the bad days

If it's raining, your training partner can't come, and the reward isn't attractive enough after all, you'll make an exception – you'll skip the routine. And that's OK. Two things are important here: Firstly, don't feel bad about it and don't "self-sabotage," and secondly, don't postpone the activity over and over again. Studies show that **if you postpone the habit 3 times in a row during the build-up phase, you are 95% likely to quit.**





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Eat well.
Train well.
Sleep well.
Be well.
Repeat.



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The strength to enjoy life.