

the **ditch
dad bod**

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**PEAKS
program**

YOUR JOURNEY TO PEAK PERFORMANCE



**ARE YOU READY TO UNLOCK YOUR TRUE
POTENTIAL?**



PEAKS PROGRAM OVERVIEW

PERFORMANCE

- 1 Understand where you are now and your goals to ditch your dad bod and live a long healthy life!

ENERGISE MIND AND BODY

- 2 Get the mind and body moving a boost your energy and performance in every area of your life

ACTIVATING ROUTINES

- 3 Understand and implement success routines for your ditch the dad bod journey

KETOGENIC LIFESTYLE

- 4 Change your fuel source and strip off the unwanted fat, boost energy and repair your body.

SLEEP

- 5 Recharge your body and boost your weight loss and energy with the right quality and quantity of great sleep

HEY THERE - I'M MIKE

A few years back I was a fat, lazy alcoholic, eating shit food but believing I was clever and successful. Deep down I knew my kids, family and career deserved better, so I made the decision to clean up my act and get healthy. Now I am passionate about helping my mates do the same and live the life we all deserve. I have spent a lifetime in and around the fitness and wellness industry. As a coach, trainer, motivator, I strongly believe in a no bullshit tough love approach. We all have stories and baggage that needs to be acknowledged and respected, then worked around or through with relentless discipline



MIKE WARREN

P IS FOR PERFORMANCE

Many people blame their mother and father or their grandparents for their genes, they make excuses as to why they don't have optimal health and wellness. However we know that although "our genes do play a role in determining which disease we're predisposed to developing, but the choices we make about diet, physical activity, stress management and other lifestyle factors are far important determinants of our health." The PEAKS formula will supercharge your performance (P) through three pillars of wellness; energizing and activating mind and body (EA), ketogenic lifestyle (K), and amazing sleep (S). $P = EA + K + S$

The PEAKS formula works if you want more energy, better health, sharper mind, rejuvenating sleep and a great body. We want you to have all those things and we know that you deserve them. So let's take a moment to create a clear picture of what you want to achieve through this video course.

Let's start by understanding your current condition

ENERGY

Think about how much energy you have for the life you want to live, read the descriptions and rate yourself on a scale of 1 (low energy) and 5 (high energy). Choose the rating and description that most accurately describes your energy levels over the last 30 days:

LOW ENERGY

HIGH ENERGY



1



2



3



4



5

I wake up feeling tired and drag myself out of bed as late as possible.

I struggle to get through the day and never get much done. Each day is a challenge just to be alive.

I often feel fatigued and want to just sit down or go back to bed.

I usually use caffeine or stimulants to keep me going through the day.

I generally have enough energy to get through my day.

I don't feel as good as I did 5 years ago, but I manage. I would love some more energy.

I feel pretty good most days, I wake up easily and get up feeling reasonable.

I don't often feel tired or fatigued unless I've been super busy or had a long exercise session.

I spring out of bed, refreshed and catapult myself into the day.

I have plenty of energy and always get through what I need to.

HEALTH

Think about how your health, including your resistance to bacteria, viruses and other bugs, your general health and any major health conditions you might have.

Read the descriptions and choose the description that most accurately describes your health right now and over the last 3 months:

ILL HEALTH

PERFECT HEALTH



1



2



3



4



5

I am battling a major health condition such as cancer, heart disease, auto-immune disease, diabetes.

I never feel well and I take many medications.

I am always sick, I get every cough, cold, virus that's going around. As soon as I get over one, I get another.

I just never feel well and I've either got or had some big health issues.

I feel okay but my health isn't where I'd like it to be.

I don't have anything major but I get lots of little issues and I have to visit my medical professional frequently.

My health isn't bad, I do pick up a few coughs and colds in the winter, but overall my health isn't bad.

I don't often have to see a medical professional.

I'm in great health, I never get sick even when everyone else does.

I can't remember the last time I saw my medical professional.

MIND

Think about how your mind, your ability to remember facts and figures, degree of forgetfulness, your clarity and sharpness of mind, any fogginess that you might have, anxiety or depressive thoughts.

Read the descriptions and choose the description that most accurately describes your mind right now and over the last 3 weeks: IMPERFECT MIND SHARP, CLEAR MIND

IMPERFECT MIND

SHARP, CLEAR MIND



1



2



3



4



5

I wake up groggy with a foggy head and struggle to get through the day. I need stimulants like coffee to keep me going. I really struggle with remembering even the basic things and can't focus on work or study. I suffer anxiety attacks and am often depressed.

I often have fogginess and struggle to concentrate. I forget things all the time unless I write everything down. I can't focus for long periods of time. I get down quite often and sometimes feel anxiety.

My mind is clear some of the time, but I have periods of fogginess. I am fairly balanced but I get down sometimes. I forget little things and sometimes get a bit down.

My mind is good and fairly reliable. I have clear thinking for most of the day and my memory is pretty good. I am positive most of the time and cope fairly well with life's challenges.

My mind is clear and sharp from the moment I wake up until I go to sleep. I can think clearly and I remember things easily. I am happy and positive in my outlook.

SLEEP

Think about how you sleep, how tired you are when you go to bed, your wake up time, your ability to fall asleep quickly, whether you stay asleep all night and how you feel on a morning when you get up.

Read the descriptions and choose the description that most accurately describes your sleep right now and over the last 3 weeks:

Terrible SLEEP

DEEP RESTORATIVE SLEEP

				
1	2	3	4	5
<p>I feel tired all the time, even if I go to bed early. My bedtime varies and is usually after midnight. I watch TV, browse social media or game late at night. I am an insomniac, I just can't sleep no matter what I do. I toss and turn and lie awake for hours. I wake as late as I can and struggle to get up. I feel more tired on a morning than I do at night.</p>	<p>I don't have a regular bedtime and I often go to bed after midnight. I struggle to get to sleep and I often wake during the night. It can take me a long time to get to sleep and I toss and turn a lot. I can't wake up without my alarm and I snooze it as many times as I can. I really struggle to get up and always feel like I need more sleep.</p>	<p>I try to go to bed before midnight but it varies. Most nights I get to sleep okay, but some nights I can't switch off. I wake during the night but usually get back to sleep. I use an alarm to wake me up and sleep in on weekends to catch up. I usually take a bit of time to get going on a morning.</p>	<p>I go to bed at a fairly regular time, usually before 11pm. I don't take long to fall asleep and I can sleep most of the night. I sometimes wake but then get to sleep again easily. I wake up around the time my alarm goes off and generally feel pretty good.</p>	<p>I go to bed at a regular time between 9:30pm and 11pm, I fall asleep easily and I stay asleep all night. I wake up without an alarm clock at the same time every day and I spring out of bed feeling refreshed and excited for the day.</p>

BODY

Think about your body, your weight, your body shape, your physical condition, your muscles and joints, your ability to exercise, your breathing.

Read the descriptions and choose the description that most accurately describes your body right now and over the last 3 weeks:

FAR FROM PERFECT

PERFECT BODY FOR ME



1



2



3



4



5

I am obese and have a significant amount of weight to lose. I have excess fat everywhere and hate the look and feel of my body. I can't exercise because of my size and my joints hurt all the time, especially my hips and knees.

I'm a lot overweight and unhappy with my size and shape. I have excess fat on my stomach, arms and legs. I don't exercise a lot and when I do I struggle to lift weights or to do cardio exercise. My joints are stiff and sore, especially my knees..

I'm overweight and have a bit to lose. I am carrying excess fat especially around my tummy. I still exercise but I'm not as strong as I'd like to be and I'm not toned. Sometimes my joints and muscles get stiff or sore.

My body isn't bad, I'm close to the weight I feel comfortable with. I could lose a few lb or kg but nothing drastic. I'm in reasonable shape and I work out regularly.

My body is in exactly the place I want it to be. My weight is ideal for my height, I'm not carrying any excess fat. I look fit and toned. My muscles are strong and flexible, and my joints move easily.

EA IS FOR ACTIVATING THE MIND AND BODY

There are three foundations of energizing and activating the mind and body, all three can be used individually but they work together to give powerful results, they are:

1. Breathing
2. Cold exposure
3. Movement

BREATHING

Breathing is an unconscious process; it is regulated by the autonomic nervous system. The amount of oxygen that we inhale through our breathing influences the amount of energy that is released into our body cells. When babies are born they breathe deeply into their tummies and you can see a babies tummy move as he or she breathes. As adults our breathing is often shallow and uses the capacity of our chest only. This shallow breathing increases the stress levels in our body, increases our heart rate and blood pressure. By training your breathing actively, you can gain control over a range of physiological processes in the body.

EA IS FOR ACTIVATING THE MIND AND BODY

When the right techniques are used structured breathing increases oxygen in all the cells throughout the body. The blood becomes more alkaline, allowing the immune system to deal with pathogens. Learning to breathe deeply again can support stress management, blood pressure management and improve circulation. During the breathwork, hormones that improve mood such as dopamine and serotonin are released providing mood benefits and stress relief.

There are a wide range of breathing techniques and styles to choose from, many have their roots in ancient practices like Yoga. Many people use Breath of Fire which has its origins in Kundalini Yoga, this is an energizing and awakening form of breath work and is useful at the start of a breathing session, however it's not for everyone. The form of breathing used in PEAKS can be used by anyone, but be aware it is an extremely powerful form of breathing and can bring up strong emotions.



Benefits of structured breathing

These breathing techniques can provide:

1. Increased energy through increased oxygen in the body
2. Reduced stress levels through relaxation and better stress management
3. Increased alkalinity in the blood and improved immune response that can fend off bugs and bacteria
4. Improved circulation and cardiovascular system function, reduced blood pressure
5. Improved mood including feelings of happiness and positivity

EA IS FOR ACTIVATING THE MIND AND BODY

Process to follow

The process for structured breathing is very simple and should be done in a way that feels very natural, without forcing anything. There is no need to push and struggle, infact the more relaxed you are, the better it will be for your body. This technique works best if done on an empty stomach and is ideal on a morning to invigorate the mind and body, but can be done any time of the day when some extra energy is needed. Start by sitting comfortably or lying down (don't do this lying down or anywhere that you could hurt yourself if you become dizzy and fall).

Breathe in deeply and fully either through the nose or mouth, make the breath in a big belly breath (put your hand on your tummy and check your tummy inflates as you breathe in), allow your tummy to fill and then your chest.

Allow the breath to flow out of your open mouth naturally, don't breathe out fully, just to a natural level. Do 30 – 40 breaths using this technique, focusing the mind on the breath and the sensations in the body. You may feel a tingling or lightheaded sensation throughout your whole body. This is completely normal.

After 30 – 40 breaths, empty your lungs of air, close your mouth and retain the breath for as long as you can (retention breath). The first time you do this you may be able to hold for 1 – 2 minutes. Don't force the retention breath, just hold to a point that feels comfortable. Try to relax and focus your mind during this time.

When you feel a need to breathe (often a sensation in the chest), take a deep breath in and hold the breath in for 10 seconds to re-oxygenate your body, then exhale ready to start again.

Do 3 rounds in total of 30 – 40 breaths with a retention at the end of each round. If you want to watch your progress, you can time your breath holds with a stopwatch and see how your retention time increases. At the end of 3 rounds of breathing sit for a minute or two and enjoy the feeling of energy and clarity of mind.

EA IS FOR ACTIVATING THE MIND AND BODY

COLD EXPOSURE

Humans had no air conditioning or heating to help protect us from extreme conditions for most of our existence, nature is brutal and we evolved to survive in a harsh world. Our bodies are built to protect their most precious machinery—vital organs such as the heart, kidneys, and lungs. When faced with bone-chilling cold, we shunt all available blood to these organs to keep them warm and functioning. That means that "extremities take the hit for the rest of the body," which is why your fingertips, toes, nose, and earlobes get so cold: they lose their blood. As modern technology has evolved humans have used it to shield us from the physical challenges of cold, rain, snow, heat and humidity with our insulated, heated, air conditioned homes and cars. Our bodies are no longer being stimulated, our nervous systems and immune systems are weak. Cold exposure as a therapy is not a new invention; it is among man's earliest medical treatments.

The Edwin Smith Papyrus (3500 BC), the most ancient medical text, repeatedly mentioned cold therapy. Cold exposure is a way to challenge ourselves strengthening the forgotten connection between mind and body, it can be used to access the autonomic nervous system (and the associated immune system).

Cold exposure can increase the amount of brown fat which causes bodies to burn more calories to keep warm and burn off excess body fat. People always have some layer of fat in their bodies. Adults have mostly white fat, often stored around their bellies which serves as an inert way of storing energy, it is the dangerous excess body fat. Brown fat, on the other hand, is used to rev up the metabolism to keep us warm – it's how babies regulate their body temperature, since they don't have the muscles to shiver themselves warm.

Important information before you start

The techniques in this book can have powerful effects and should be respected. The breathing exercises can have strong physiological effects and must be practiced as instructed. Always perform them in a safe environment, sitting or lying down. Never practice the exercises before or during diving, driving, swimming, taking a bath, or in any other circumstance where loss of consciousness could result in bodily harm.

Extreme cold can be a shock to your body, therefore we strongly advise you to start slow and gradually build up exposure. If not practiced responsibly there is risk of hypothermia. Do not practice the method during pregnancy or if you are epileptic. People with cardiovascular issues or any other serious health conditions should always consult a medical professional before applying the PEAKS formula.

By starting this course you are accepting responsibility for your health, wellness and the outcomes and results.

Cold exposure signals the sympathetic nervous system (fight or flight) to release massive amounts of norepinephrine (noradrenaline) into your brown fat cells, which in turn activates the brown fat causing these cells to burn food and produce heat, thereby increasing energy expenditure. Finally, as an adaptation to the cold, your body turns more of your fat brown. Norepinephrine functions as both a hormone and neurotransmitter in your body. It regulates your mood, attention, focus, and arousal. It's one of your feel-good hormones, so you burn fat, produce heat and feel great too! Gradual and controlled exposure to the cold provides a vast number of health benefits beside the build-up of brown adipose tissue and subsequent fat loss, including reduced inflammation that in turn provides a fortified immune system, balanced hormone levels, improved sleep quality, the ability to counteract the effects of Type 2 diabetes, and the production of endorphins - those feel-good chemicals in the brain that naturally elevate your mood.

Cold exposure doesn't have to be difficult, fairly moderate temperatures have health benefits on the human body. There are no hard and fast rules around the temperature you need to achieve, the aim is to cool the body below its normal temperature. At 68°F (20°C) benefits begin to be felt and lower than 50°F (10°C) starts to provide significant benefits. The best way to expose yourself to the cold is through a cold shower, building up the time you stay in the cold water. The more you expose yourself to cold, the less uncomfortable the cold will feel as you will build up a tolerance to the cold and eventually start to enjoy it.



EA IS FOR ACTIVATING THE MIND AND BODY

Benefits

Gradual cold exposure can provide the following

benefits: 1. Fat (weight) loss through increased metabolism and increased calorie expenditure

2. Regulates blood sugar levels, through increases in adiponectin and enhances the body's response to insulin making it more sensitive to insulin

3. Reduces inflammation and may speed recovery from exercise and injury

4. Strengthens the nervous system as it adapts to the cold and allows control of the autonomic nervous system

5. Strengthens the immune system by increasing the number of white blood cells

6. Provides a healthy dose of feel good hormones In addition cold exposure significantly increases the ability to control the mind, tackle difficult tasks and deal with life's challenges.

EA IS FOR ACTIVATING THE MIND AND BODY

Process to follow

The process for gradual cold exposure is very simple and like breathing should be done in a way that feels very natural, without forcing anything. There is no need to push and struggle, in fact the more relaxed you are, the better it will be for your body. This technique works best if done on an empty stomach and is ideal on a morning to invigorate the mind and body. The cold stress on the body triggers a controlled fight or flight response and production of adrenaline, in some people this can lead to a need to empty the bowels. Start by taking your normal daily shower at whatever temperature you enjoy. At the very end turn the shower to the coldest setting, this will be a shock as your nerves tell your body to clench up, but breathe deeply and slowly, and try to relax. Stay in the cold shower for 30 seconds on the first day.

Gradually build up over 30 days to 1 minute, then 2 minutes and eventually to 5 minutes. If you find it very difficult, just put the cold water on your arms and legs for the first few days and build up to your whole body.

After 30-days of cold showers try to go immediately into the cold shower without taking a warm shower first. This takes more mind control so really focus on staying relaxed and breathing slowly. Always finish with the cold even if you start with a warm shower. It is possible to do contrast therapy where you alternate between hot and cold water, this forces the capillaries to open and close quickly, providing a workout and conditioning for the cardiovascular system. Eventually (after a few weeks or months) you might want to try a dip in colder water or an ice bath, but cold showers are easy to do at home!



EA IS FOR ACTIVATING THE MIND AND BODY

MOVEMENT

Movement is one of the most basic functions of the human body, we're built to move and run, but our modern lives have led to us being largely sedentary. We drive to the office instead of walking, or work from home, not leaving the comfort of our living room, we sit at desks all day instead of walking and running to forage and hunt for food, we go to the drive through on the way home or sit on the couch to eat our meals while consuming many hours of TV, browsing the internet or gaming, then we go to bed in comfortable warm rooms. This sedentary lifestyle leads to higher incidences of heart disease, cancer, metabolic conditions and diabetes which are among the most common causes of death in the modern world. We are told to exercise to combat this sedentary lifestyle, but for many people, the word "exercise" is weighed down with feelings of stress and obligation. It conjures up images of fancy gyms, with women wearing make-up running for hours on treadmills without sweating and muscled men pumping iron!

This all means exercise can feel like a huge insurmountable hurdle. Another word for exercise is simply movement. So instead of trying to find an exercise that suits you, look for opportunities to move more. Moving your body is healthy, and should feel good, however you do it.

By looking for movements that you enjoy, whether its walking, golf, cycling, playing with the kids you can change your perspective on the dreaded exercise and by focusing on the goal as “movement” rather than “working out,” you can find ways to incorporate motion into your daily life in a way that feels good.

When deciding on the type of movement that would work for you, consider what you enjoyed as a child as this will help you choose a movement that you can enjoy and stick to as an adult. If you are someone who enjoys exercise and working out then make sure you have time allocated every week and plan your workouts to get the most from them.



Making movement or exercise a priority is an important factor in making it a long term sustainable part of your life to ensure you can reap all the benefits. If you need help staying accountable and on-track then you may find it helpful to workout with a family member, friend, fitness group or even a personal trainer. Working out in with a friend or at a class provides an opportunity to socialise and also learn something new, both of which contribute to cognitive health and general well-being.

There are countless benefits from movement and exercise, here are our top ten:

1. Prevents many chronic diseases, such as heart disease, high blood pressure, abnormal blood cholesterol, stroke, type 2 diabetes, metabolic syndrome, colon cancer
2. Improves the immune system and strengthens the lymphatic system, removing toxins and pathogens from the body
3. Improves cardiorespiratory and muscular fitness
4. Raises your metabolism and helps you lose weight more easily
5. Reduces stress, anxiety, and depression and improves your mood
6. Improves brain health and reduces the chance of early onset dementia or mild cognitive impairment
7. Assists digestion and promotes regular bowel movements
8. Improves sexual health and sex drive (libido)
9. Increases bone density
10. Improves sleep quality

K IS FOR KETOGENIC FOOD AND FASTING THE KETO LIFESTYLE

A keto or ketogenic lifestyle is a low-carb, high-fat way of eating, often combined with intermittent fasting/timed eating windows. On a ketogenic eating plan your entire body switches its fuel supply to run mostly on fat, burning fat more effectively and resulting in weight loss, better and more sustained energy levels, clearer mind and focus, and balanced hormones. The ketogenic diet has plenty of research backing up its benefits. It has been found to be effective at helping people with:

Epilepsy, Type 2 diabetes, Type 1 diabetes, High blood pressure, Alzheimer's disease, Parkinson's disease, Chronic inflammation, High blood sugar levels, Obesity, Heart disease, Fatty liver disease, cancer & Migraines

The aim of a keto lifestyle is to eat natural foods similar to what we'd be able to grow and find in the wild, meaning that it is very healthy as there is no processed or refined foods in the diet.

The “keto” comes from the fact that it allows the body to produce small fuel molecules called “ketones” which is one of the 2 fuel sources that the body can use:

1. Glucose from carbohydrates (sugars, starches and grains)
2. Ketones from fats (either body fat or fat that is eaten)

Ketones are produced if you eat very few carbs and only moderate amounts of protein (excess protein can also be converted to blood sugar) and plenty of fat or if you are fasting. The liver then produces ketones from fat and these ketones then serve as a fuel source throughout the body, especially for the brain. The most important thing for reaching ketosis is to avoid eating too many carbs.

You'll probably need to keep carb intake under 50 grams per day of net carbs, ideally below 20 grams. The fewer carbs, the more effective it is for reaching ketosis, losing weight, stabilising blood sugar or reversing type 2 diabetes. By restricting carbohydrates, we basically take the biggest stimulator of insulin out of the diet.

Benefits of a ketogenic diet

Here are the top 10 benefits of a ketogenic diet:

1. Weight and fat loss
2. Better body tone (leaner)
3. An increase in energy (no more afternoon slump)
4. Better brain function (mental clarity and focus)
5. Reduced anxiety and depression
6. More balanced hormones (men and women)
7. Decrease in inflammation
8. Better blood sugar control, reversal of type 2 diabetes and pre-diabetes
9. Improved cardiovascular health, reduces blood pressure and increases the good HDL cholesterol
10. Improved liver health



Macronutrients on a keto lifestyle

Your exact macronutrient requirements will be unique because they will be based on:

1. Your physical and mental goals
2. Your health history
3. Your activity level

The general guidelines for a ketogenic diet are:

- 80% of calories from fats
- 15% of calories from protein
- 5% of calories from carbohydrates

Fat intake

Fat is known as the cornerstone of the keto diet because fat doesn't raise your blood glucose like carbohydrates. The accepted rule of thumb for most keto dieters is to stick to anywhere from 80% of your calories from healthy fats. That means, if you're consuming 8368kJ (2,000 calories) per day, you would need 6.3 oz (177 grams) of fat per day. The saturated fats that have been demonised over the last 60 years are actually the fats we should be embracing and cooking with tallow (beef fat), butter, ghee (clarified butter), lard (pork fat).

These fats have a high smoke point and can be used for cooking delicious meals. Coconut is another saturated fat that is very useful for cooking (and eating). Plant based oils that are extracted with simple pressing, grinding, churning or low heat separating are ideal to dress salads, these include olive oil, avocado oil, coconut oil, macadamia nut oil.

Remove all industrialised oils like corn oil, soy oil, safflower oil, sunflower oil, cottonseed oil, peanut and vegetable oil as well as margarine. They are created by chemical extraction and high heat industrial processes. They are high in linoleic acid (omega-6) which is fragile, unstable and highly oxidative – promoting inflammation on a cellular level which is exactly what we are trying to avoid.



Protein intake

There is a lot of debate in the keto community and in general about how much protein is required. In general the keto diet is a moderate protein way of eating and for most people 15% of calories per day is sufficient. That means, if you're consuming 8368kJ (2,000 calories) per day, 2.7 oz (75 grams) of protein per day. That's a lot less than many Americans and Australian's are used to eating. For example 3oz or 100g of beef contains around 1 oz or 30g of protein so it's worth checking your portion sizes, especially when eating out as a 10oz or 300g steak at dinner could provide more than the whole day's allowance of protein. Try to eat a variety of protein sources and choose fatty cuts of quality meat where possible as lean muscle meats have a very high amount of protein per oz or gram.

It's important where possible to choose grass fed, organic meats to ensure that you avoid antibiotics and hormones in the meat and the high omega-6 content of grain fed animals.

Where you can source these good quality meats feel free to consume liberal amounts of the fat from the animal, however if you are not sure about the quality of the meat, or you know the animal was grain fed then choose leaner cuts as often the toxins, hormones and antibiotics will concentrate in the fat of the animal.

Carbohydrate intake

The key to getting into and staying in ketosis is to limit the amount of carbohydrates. The ideal starting point is to limit carbs to less than 20g. Depending upon your activity level and health needs, you might be able to consume up to 80 grams of carbs and still remain in ketosis, this is something that you will be able to figure out during the initial stages of your new way of eating. Key to reducing carb intake is removing all sugary and starchy foods and drinks, including soda, sweets/lollies, cakes, pastries, pasta, grains (even whole grain), potatoes, fries, chips, high sugar fruits, root veggies, legumes.

Intermittent fasting

Intermittent fasting is the process of cycling in and out of periods of eating and not eating, and in the past few years, intermittent fasting it has been recognised for its incredible effects on disease and aging.

For most of history, people weren't eating three square meals a day, plus grazing on snacks. Instead, humans evolved in situations where there wasn't much food, and they learned to thrive when fasting. We no longer have to hunt for food, instead we have a sedentary lifestyle with food available literally 24/7. Infact the average American eats 20 times per day!

When you fast, several things happen in your body on the cellular and molecular level. For example, your body adjusts hormone levels to make stored body fat available. Your cells also initiate important repair processes and change the expression of genes.

Here are some changes that occur in your body when you fast:

- **Human Growth Hormone (HGH):** The levels of growth hormone go up significantly which has benefits for fat loss and muscle gain, to name a few
- **Insulin:** Insulin sensitivity improves and levels of insulin drop dramatically. Lower insulin levels make stored body fat more accessible
- **Cellular repair:** When fasted, your cells initiate cellular repair processes. This includes autophagy, where cells digest and remove old and dysfunctional proteins that build up inside cells
- **Gene expression:** There are changes in the function of genes related to longevity and protection against disease

There are lots of different intermittent fasting methods.

The most popular are:

- **5:2.** This method allows you to eat normally five days a week. The other two days are your fasting days, although you do still eat, keeping your calories between 500 and 600 calories

- 6:1. This method restricts all food for 24 hours once a week
- 16:8. You eat all of your daily calories within a shortened period — typically 6 to 8 hours — and fast for the remaining 14 to 16 hours
- Modified 16:8. You eat all of your daily food within a shortened period — typically 6 to 8 hours — and fast for the remaining 14 to 16 hours, with the exception of a bulletproof coffee on a morning, to keep the hunger pangs at bay while still staying in the fasting state.



S IS FOR SLEEP

Sleep is an important part of our daily routine, we spend about one-third of our time doing it. Quality sleep, and getting enough of it at the right times is as essential to survival as food and water.

Sleep is important to a number of brain functions, including how nerve cells (neurons) communicate with each other. In fact, your brain and body stay remarkably active while you sleep. Recent findings suggest that sleep plays a housekeeping role that removes toxins in your brain that build up while you are awake. Everyone needs sleep, but its biological purpose remains a mystery. Sleep affects almost every type of tissue and system in the body – from the brain, heart, and lungs to metabolism, immune function, mood, and disease resistance.

Without sleep we can't form or maintain the pathways in our brains that let us learn and create new memories, and it's harder to concentrate and respond quickly.

Research shows that a chronic lack of sleep, or getting poor quality sleep, increases the risk of disorders including high blood pressure, cardiovascular disease, diabetes, depression, and obesity. Unfortunately many people have sleep patterns that are not as good as nature intended. Western societies often see sleep as weak or not a priority, we hear all too often “I can sleep when I’m dead”. This attitude is contributing to the increase in ill health that most Western societies are facing.



**80% OF ADULTS GLOBALLY
SAY THEY WOULD LIKE TO GET
BETTER SLEEP,
67% SAY THEY WAKE UP AT
LEAST ONCE DURING THE
NIGHT AND 63% SLEEP IN AT
WEEKENDS TO CATCH UP ON
SLEEP.**

Types of sleep

Sleep is divided into two states: REM (rapid eye movement) sleep and Non-REM sleep (which has three different stages). Each is linked to specific brain waves and neuronal activity.

Stage 1 non-REM sleep is the changeover from wakefulness to sleep. During this short period (lasting several minutes) of relatively light sleep, your heartbeat, breathing, and eye movements slow, and your muscles relax with occasional twitches. Your brain waves begin to slow from their daytime wakefulness patterns.

Stage 2 non-REM sleep is a period of light sleep before you enter deeper sleep. Your heartbeat and breathing slow, and muscles relax even further. Your body temperature drops and eye movements stop. Brain wave activity slows but is marked by brief bursts of electrical activity. You spend more of your repeated sleep cycles in stage 2 sleep than in other sleep stages.

Stage 3 non-REM sleep is the period of deep sleep that you need to feel refreshed in the morning. It occurs in longer periods during the first half of the night.

Your heartbeat and breathing slow to their lowest levels during sleep. Brain waves become even slower. Your muscles are relaxed and it may be difficult to awaken you. The deeper stages (deep sleep) are where it is very difficult to wake up from deep sleep and if awoken, you may experience disorientation and grogginess. We've all had that very early morning interruption from the kids, or the early alarm for a flight.

Non-REM sleep is important for:

- Cell repair and rejuvenation
- Replenishing glycogen
- Long-term memory
- Removal of waste from the brain: glymphatic system

REM sleep first occurs about 90 minutes after falling asleep. The name comes from the fact that during REM sleep our eyes dart about underneath our eyelids. Mixed frequency brain wave activity becomes closer to that seen in wakefulness. Your breathing becomes faster and your heart rate and blood pressure increase.

REM sleep is important for:

- Learning and problem solving
- Memory consolidation
- Mental health

When you drift into sleep, you first go into the lighter stages of Non-REM sleep. Through these stages you move into REM sleep. This fairly predictable progression from Non-REM sleep to REM sleep is called a sleep cycle. In these 90–110-minute sleep cycles you sleep throughout the night. REM sleep accounts for approximately 20–25% of total sleep time, whereas Non-REM sleep stages account for the rest. If you sleep for 8 hours, the percentages translate to roughly 1.5 to 2 hours of REM sleep per night. The average length of a sleep cycle changes throughout the night. The first sleep cycle is usually shorter than following cycles, around 70–100 minutes. The average length of the sleep cycle later during the night is 90–110 minutes. If you sleep for 8 hours, you'll usually go through five full cycles. Deep sleep predominates the first cycles of the night. On the other hand, REM sleep dominates the sleep cycles of the last third of the night.



CONGRATULATIONS

You've completed the ditch the dad bod PEAKS fundamentals program and now you are ready to implement everything that you have learned.

Remember that this is a long game and the journey will take you the rest of your life. Trust in the process and believe in yourself, you deserve the results.

The magic happens when you combine the fundamentals here with the support and motivation of our ditch the dad bod Facebook group - make sure you have joined and shared with your mates To support you on your journey

[CLICK HERE TO JOIN OUR GROUP](#)