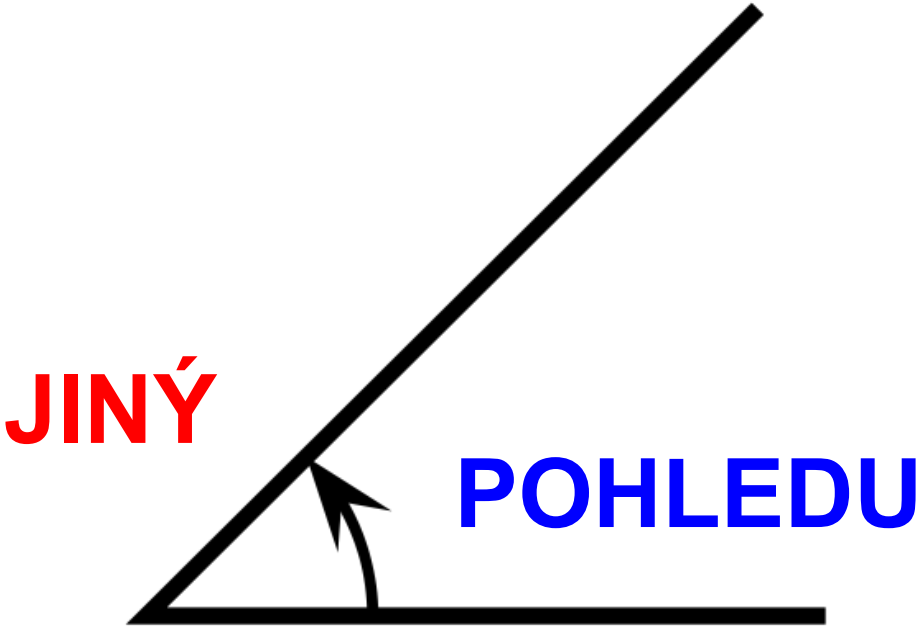
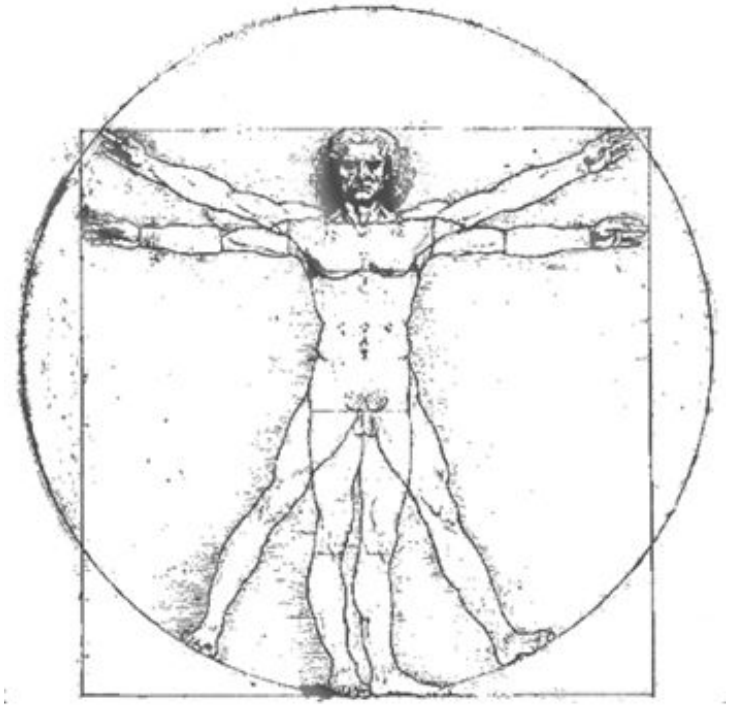
Webinář ČMSHb

“Regenerace & výživa nejen pro sportovce”

Ondřej Almaši



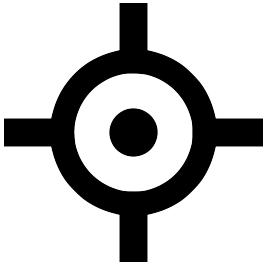
Principy jsou platné vždy

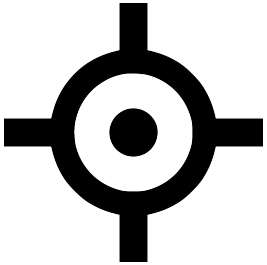


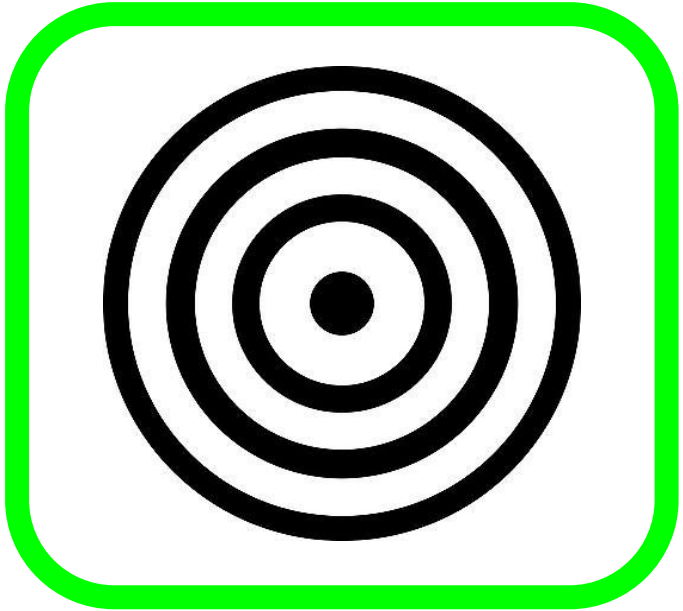
JEDENCELEK

„Celek je víc než souhrn jeho částí“

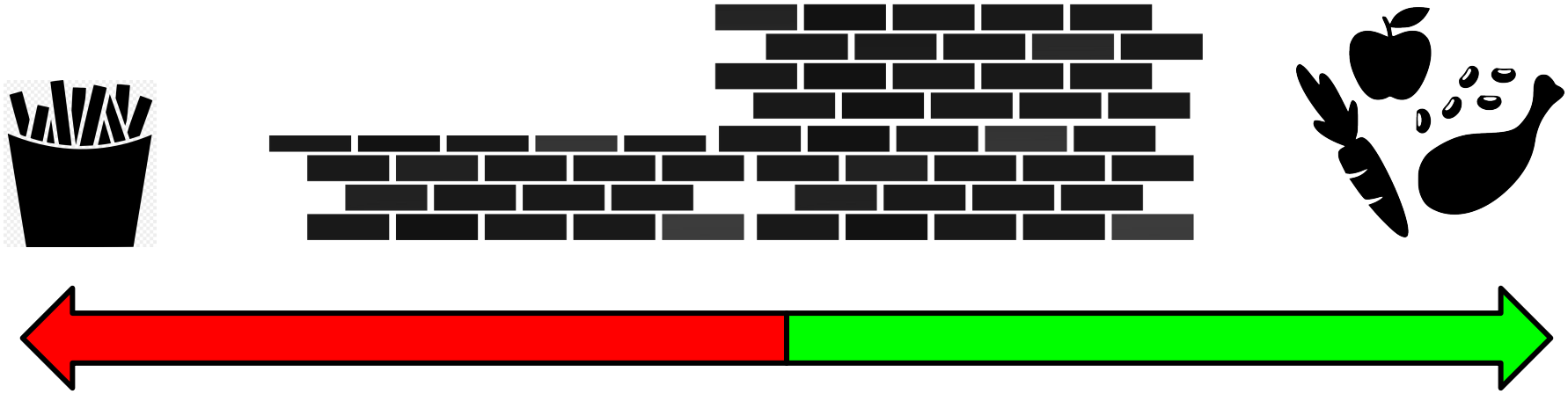
Aristoteles



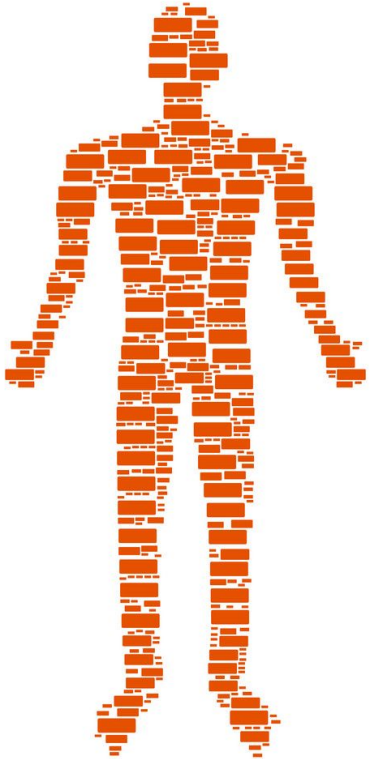




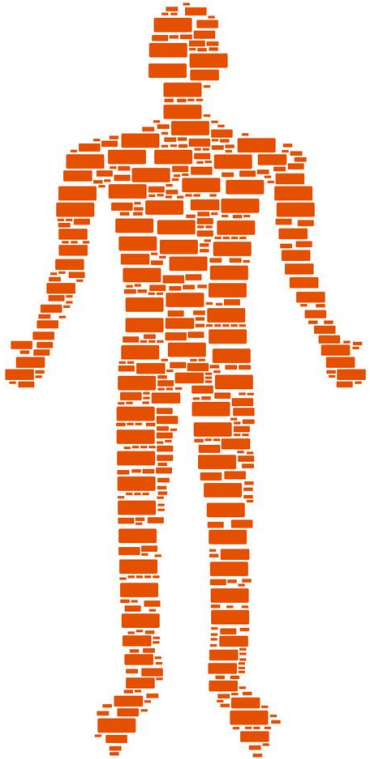
PARETOVO PRAVIDLO



Z čeho chceš stavět?



...a máš jich dost?



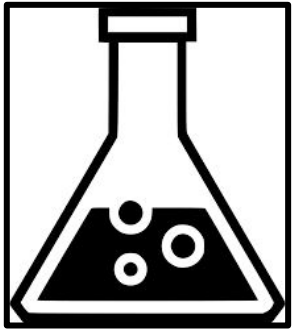
JEDNO AUTO NA CELÝ ŽIVOT.

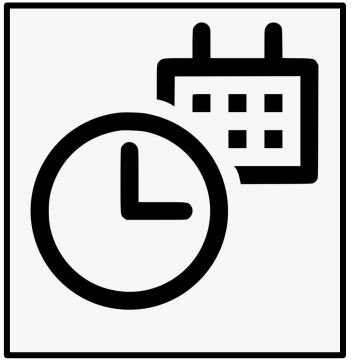
NEMŮŽEŠ HO VYMĚNIT NEBO KOUPIT JINÝ.

JAK SE O NĚJ BUDEŠ STARAT?

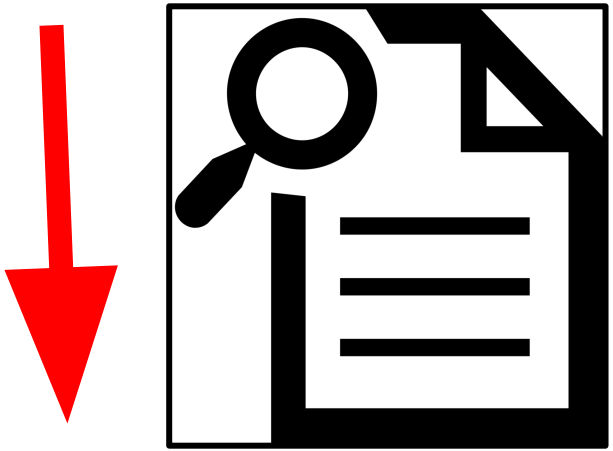
KVALITA

prakticky

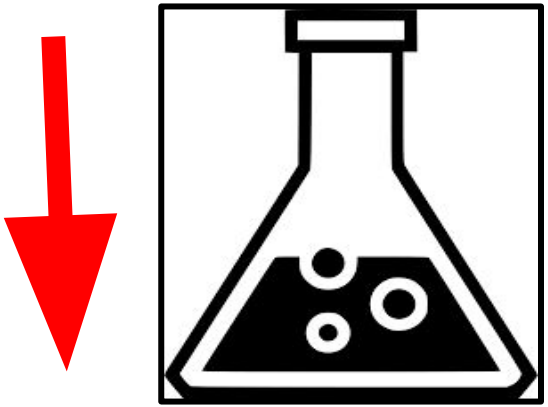




Složení - “méně je více”

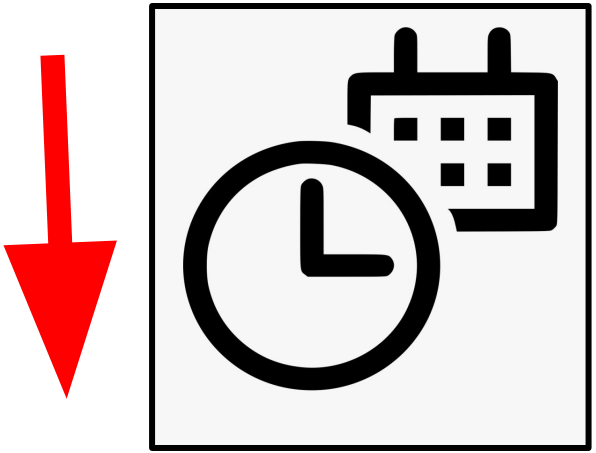


Chemie - “méně je více”



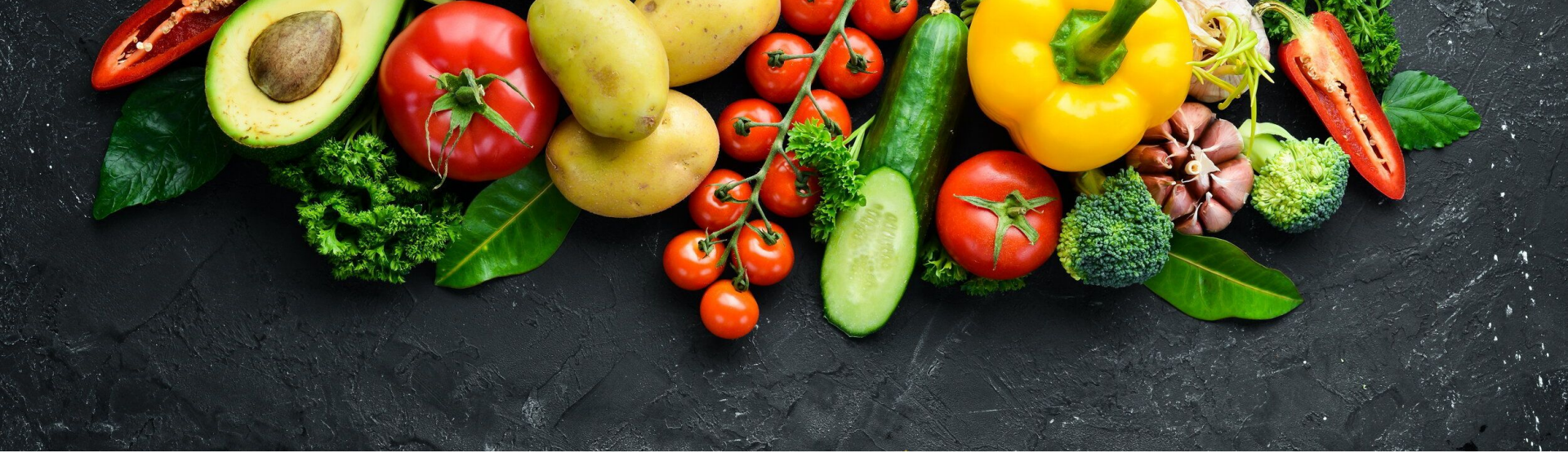
Pokud složení vypadá jako úkol z chemie, ruce pryč!

Expirace - “čím dříve tím lépe”



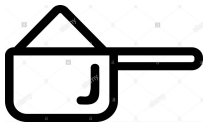
“Real Food”

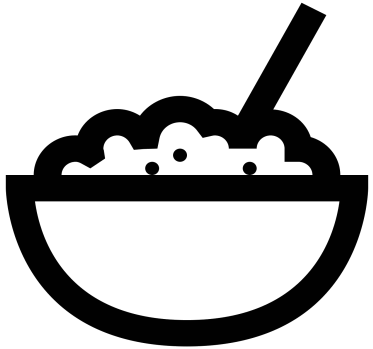
Polotovary



...JEZ ***DUHU***

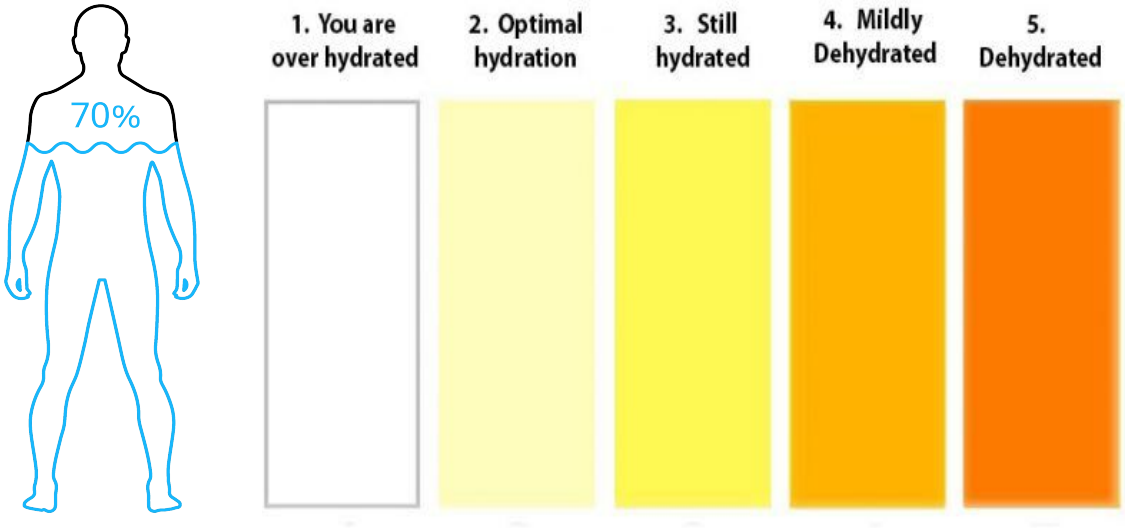
KOMPLEXNÍ SNÍDANĚ



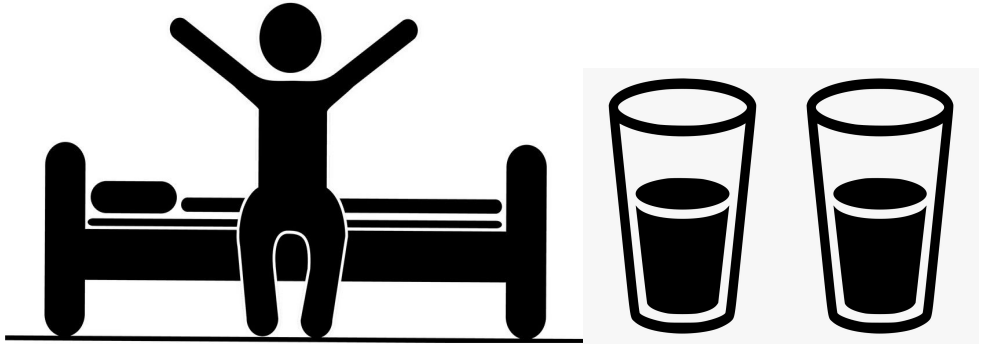


Sportovec je jako závodní auto - potřebuje palivo. Hodně a od začátku!

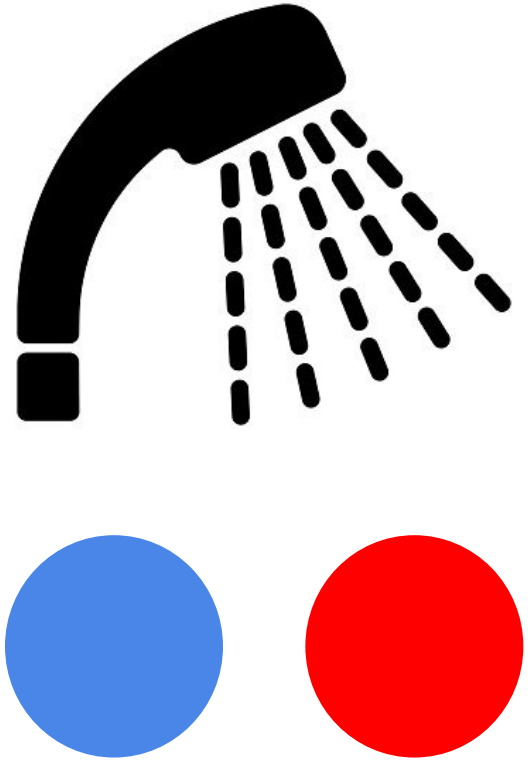
Jsi sportovec, SNÍDEJ!


70%
1. You are over hydrated
2. Optimal hydration
3. Still hydrated
4. Mildly Dehydrated
5. Dehydrated

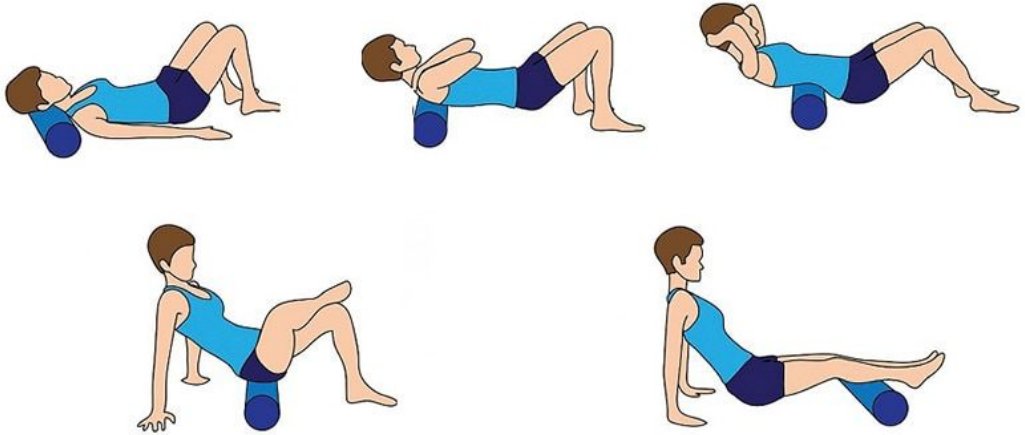
REHYDRATUJ PO NOCI



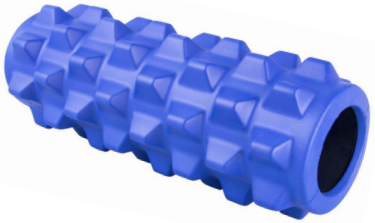
STŘÍDAVÁ SPRCHA

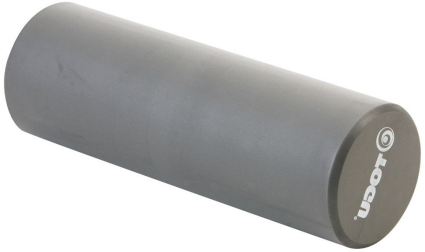


MASÁŽNÍ
VÁLEC

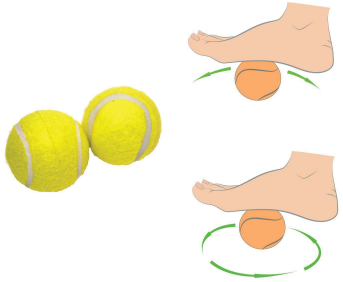


- 90 sek partie
- Před / Po výkonu
- Zač. - bez výstupků a měkčí



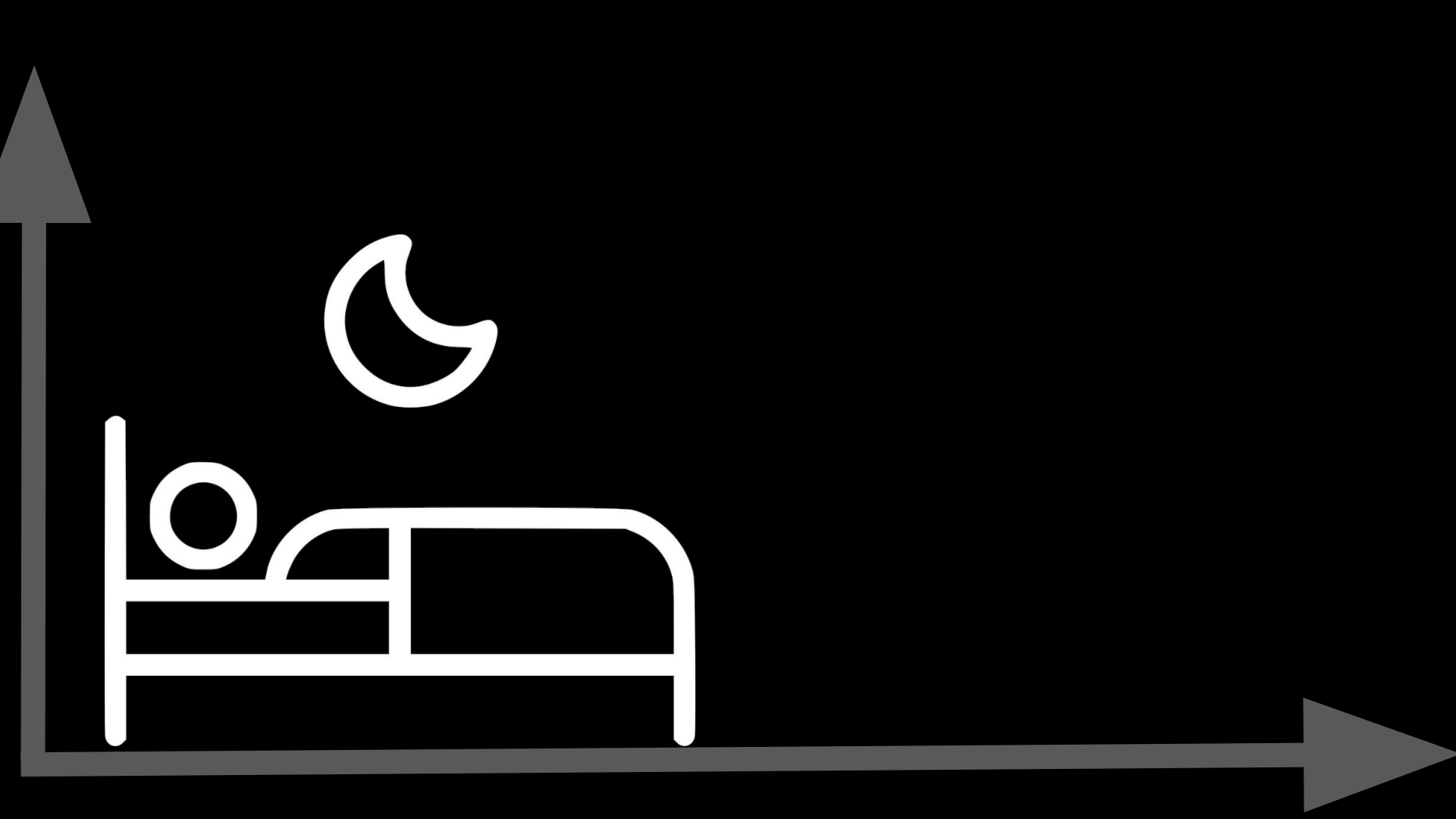

LOCK

BLACKROLL
WWW.BLACKROLL.COM



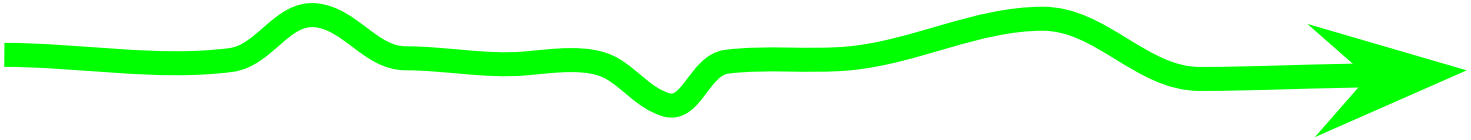
5MINUTE
FOAM
ROLL

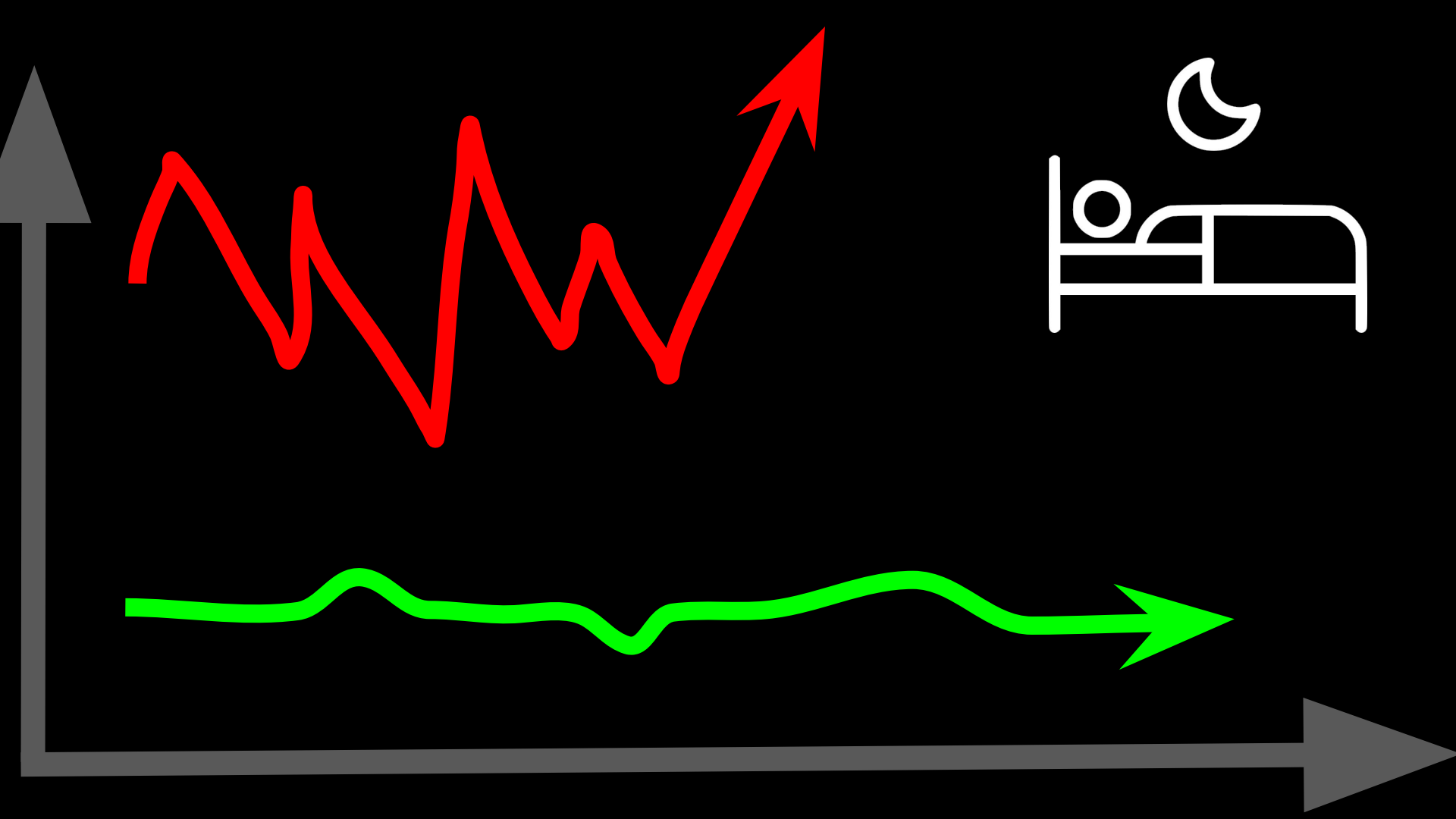
REGENERACE
&
CIRKADIÁNNÍ RYTMUS

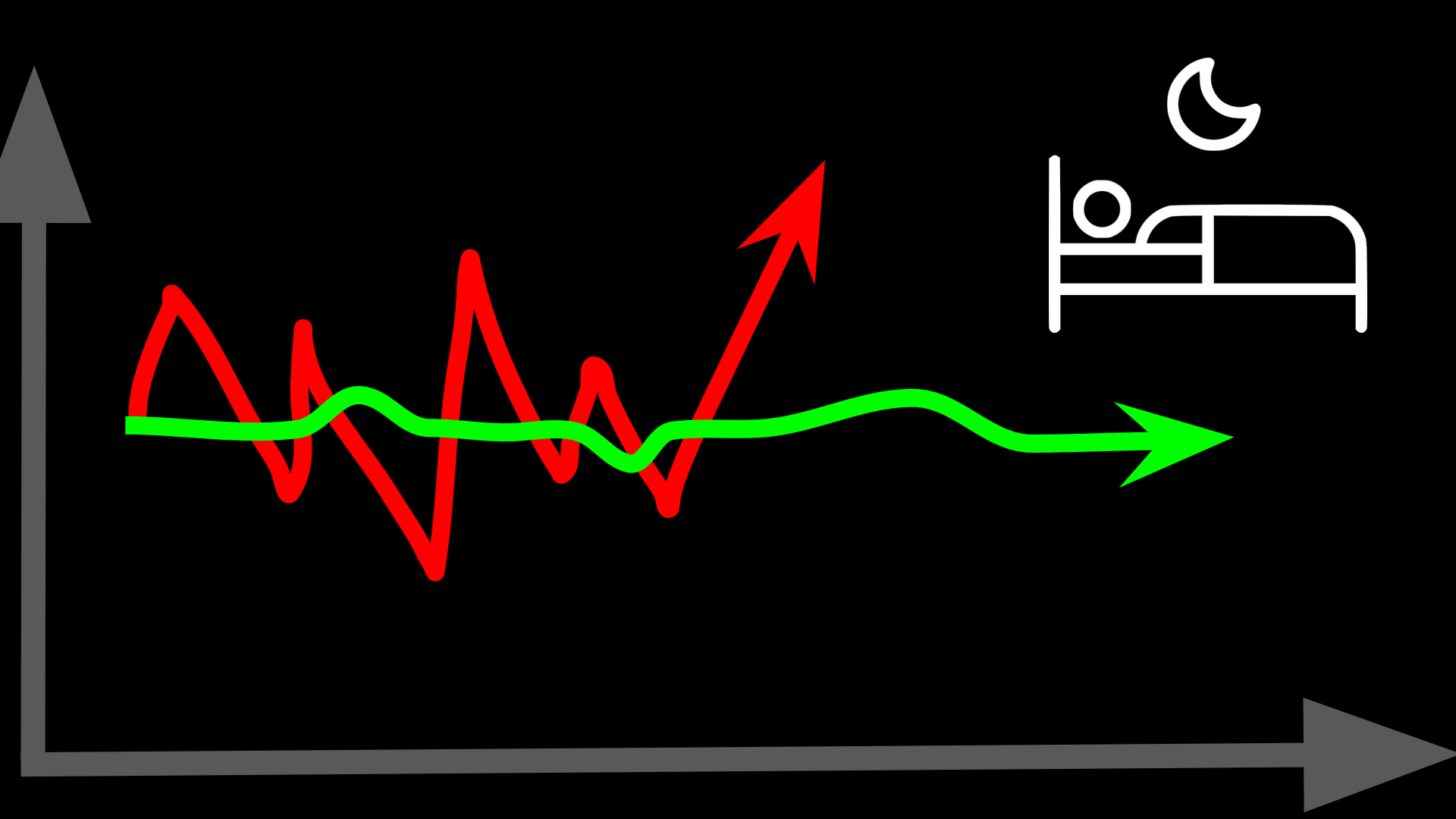


Spánek

- Vyrovnanost
- Kvalita
- Počet hod.

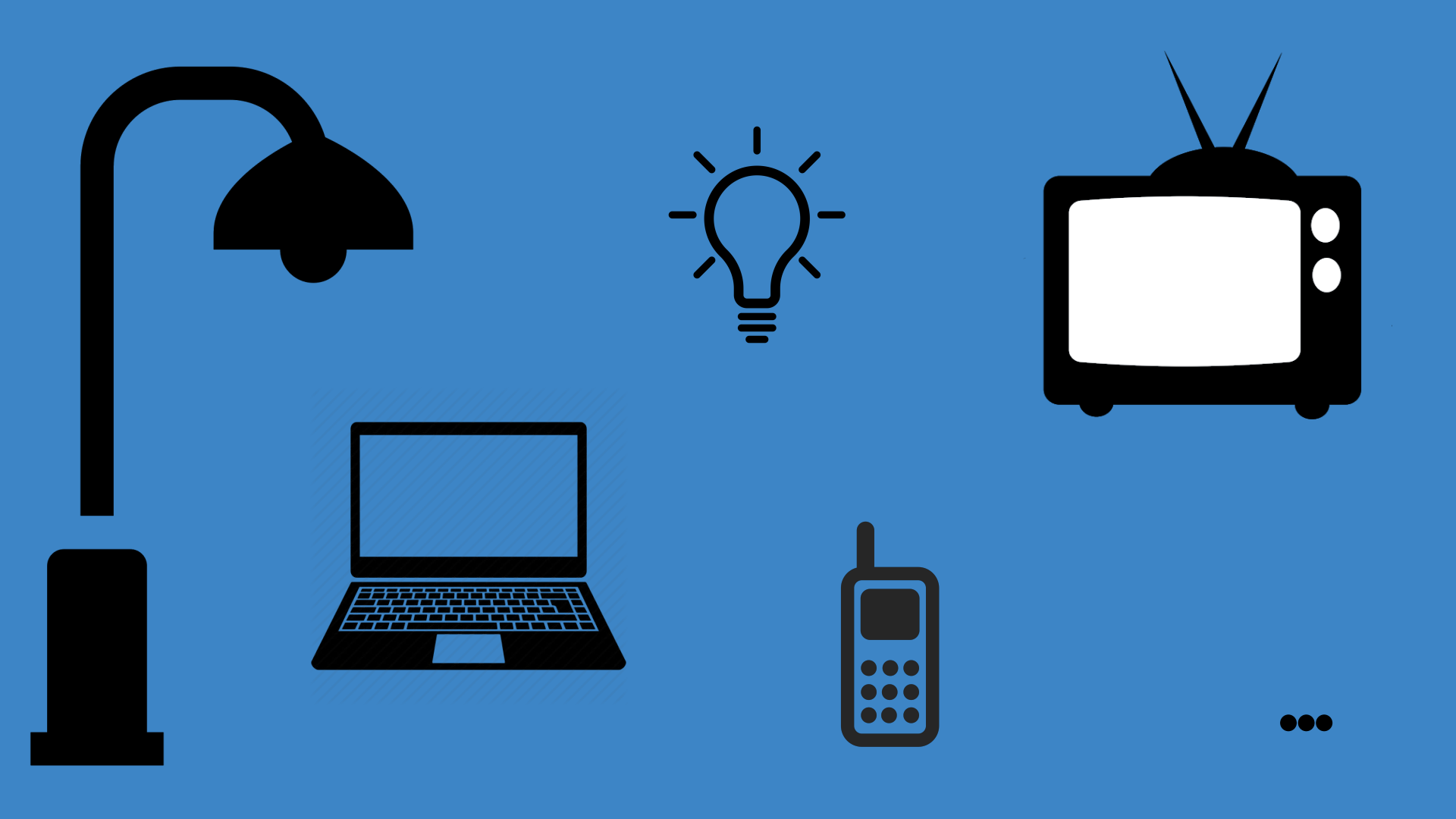


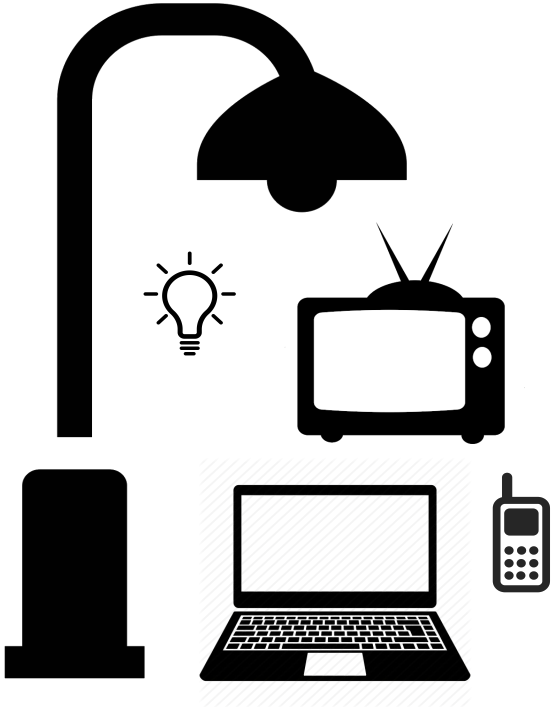


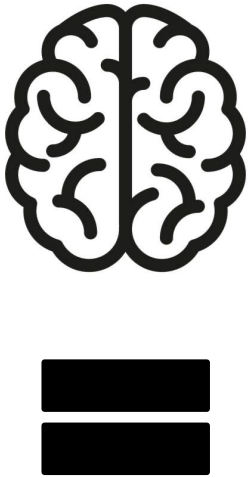


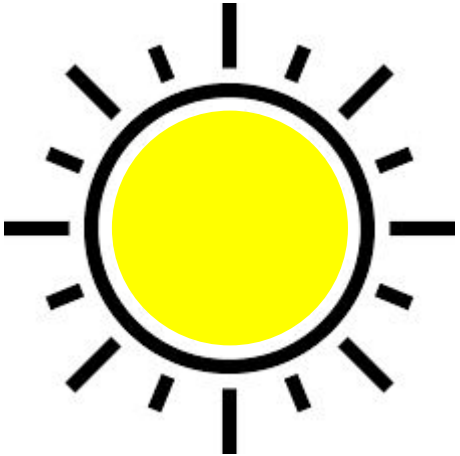
VYROVNANOST & KVALITA > POČET HODIN

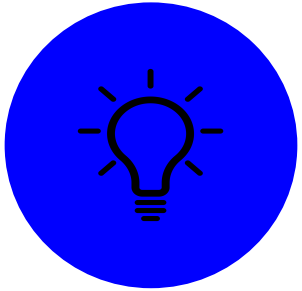
MODRÉ SVĚTLO











cca. 2h

PŘED SPÁNKEM

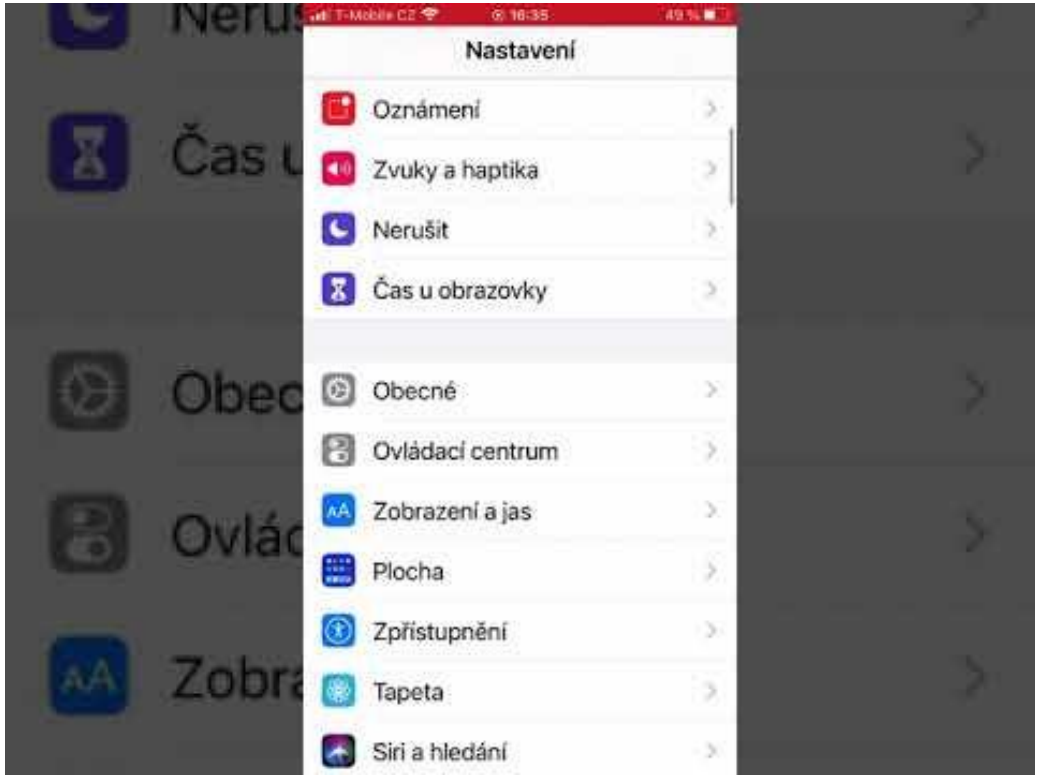
3M brýle

Art-light brýle

BrainMarket - Stark

...další varianty

Další možnosti jak blokovat...



[f.lux]

3-2-1 RUTINA

před spaním

3h NO FOOD

2h NO WORK

1h NO SCREEN

TOP 10

1. REAL FOOD - čím jednodušší tím lepší
2. SNÍDEJ - každý den
3. JEZ DUHU - máma má pravdu
4. JSI VODA - voda, hlavní nápoj
5. SACHARID - jako kámoš, vybírej dobře
6. BÍLKOVINY - budují a opravují, měj je v každém jídle
7. TUKY CHRÁNĚJ - ořechy, avok., oliv., losos...
8. KVALITNÍ SVAČINY - připravuj je předem
9. DOPLŇKY - od slova “doplnit”
10. KALORIE SE JEDÍ, NEPIJOU

* 3do3 (= 3 kvalitní jídla do 15hod.)

131 zobrazení Napsat komentář 1

Ondřej Almaši
říj 29 · 6 min

"Back to Basics"...jídlo

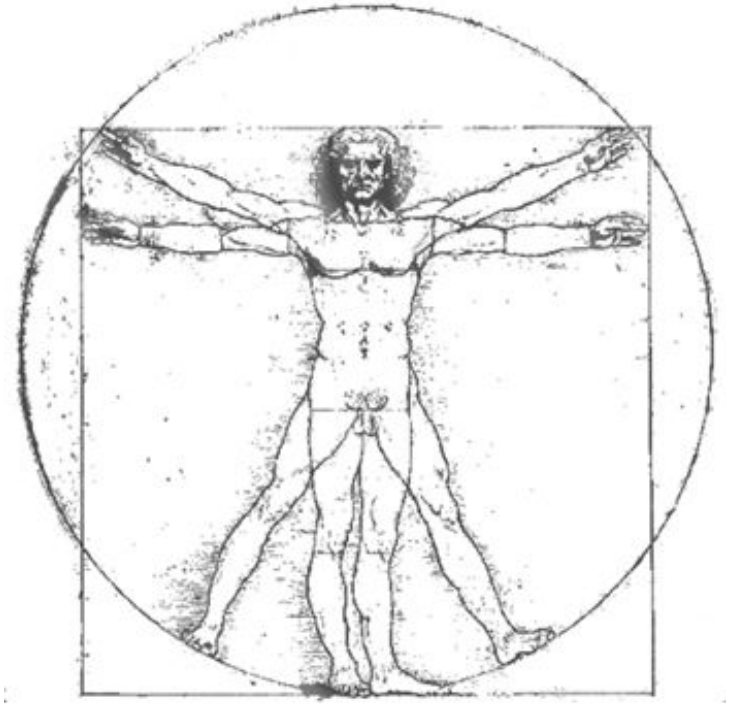
Návrat k základům...jídlo jednodušše.

88 zobrazení Napsat komentář

Ondřej Almaši
říj 15 · 2 min

“Svět se mění vaším příkladem, ne názorem.”

Paulo Coelho



Máš jenom jedno!

“**Děkuji** za pozornost”

Ondřej Almaši

„Celek je víc než souhrn jeho částí“
Aristoteles