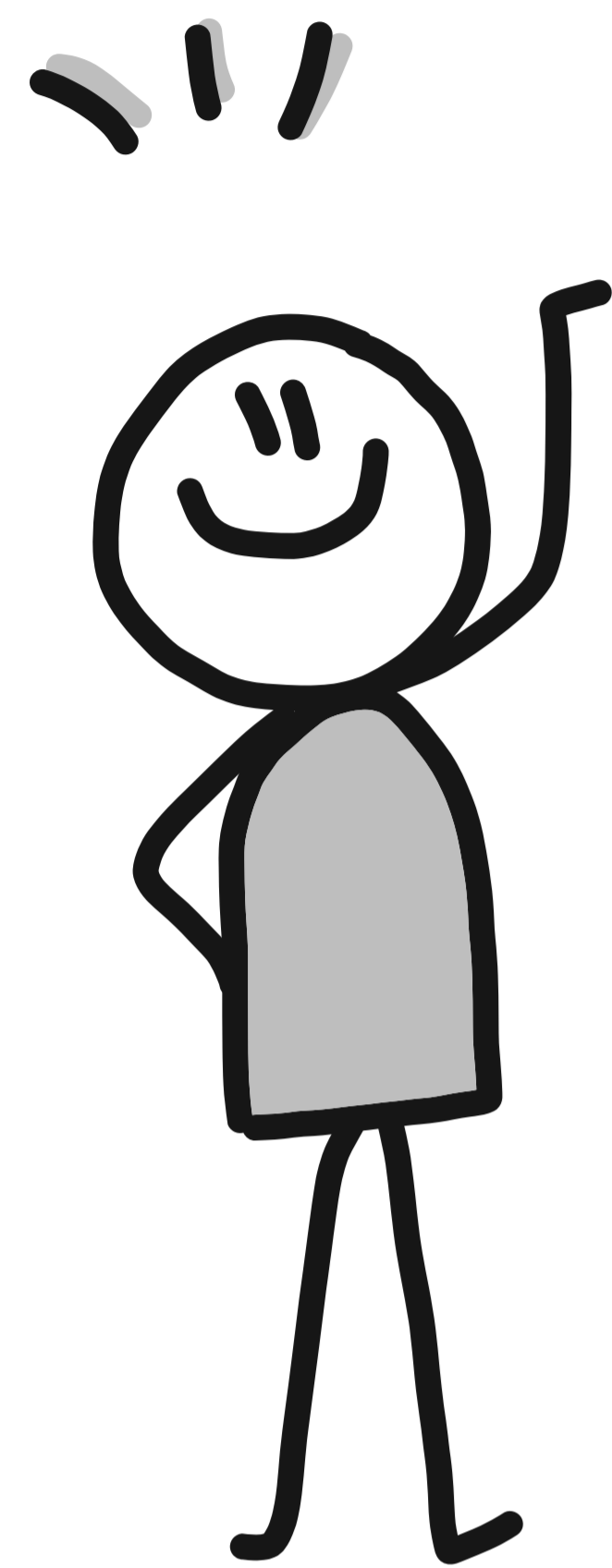


• JIM KWIK PODCAST NR 153 • SUMMARY BY KATI ORAV

• Fix your **POSTURE**

Whether you are standing tall or hunching over, your cells can feel you!

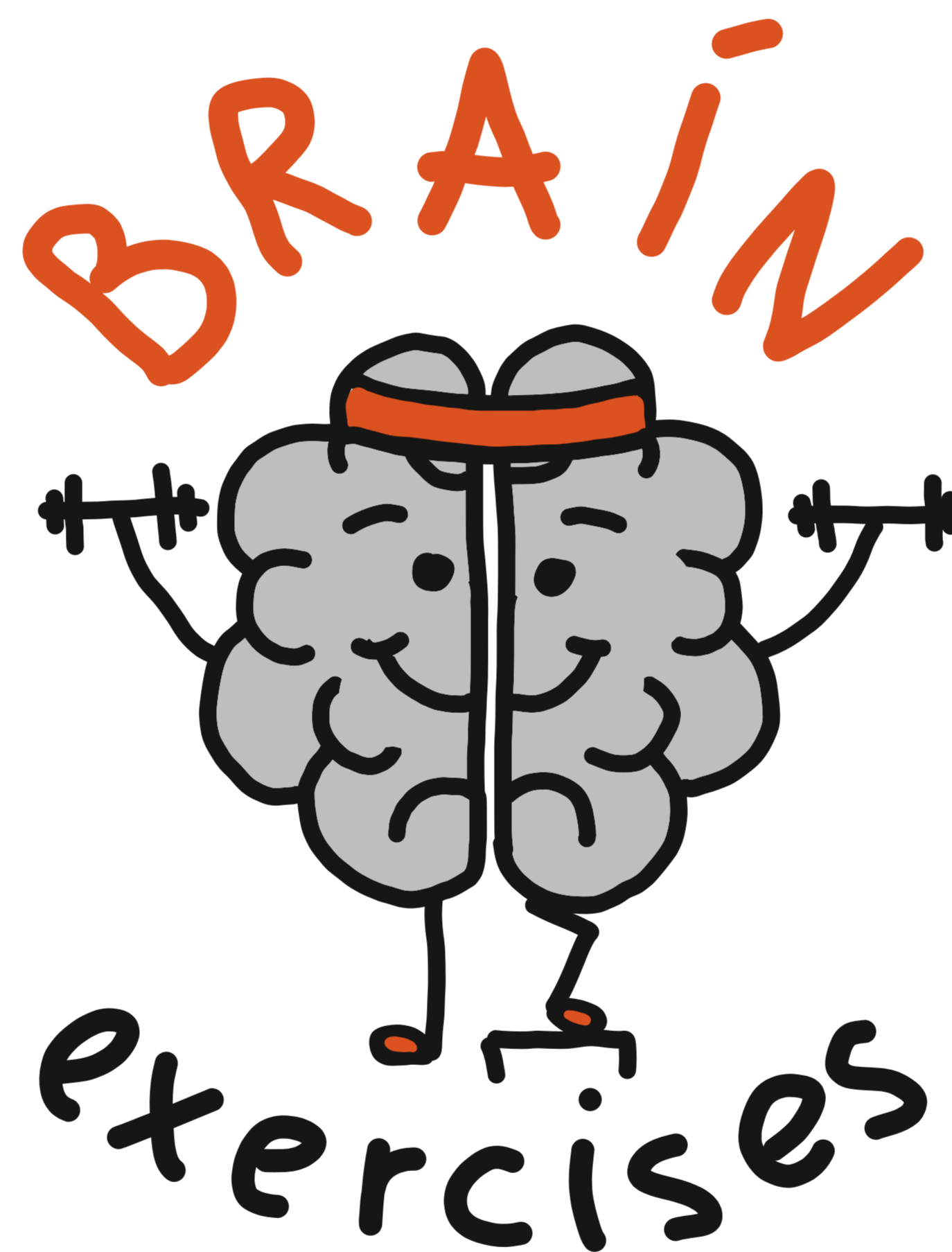
Technology is forming us into a depressed mold.



• Deep **BREATHING**

For consciousness come back to your breath as an anchor point:
6 seconds in,
4 seconds out.

Breathe through the nose.



• **PROPRIO-CEPTION**

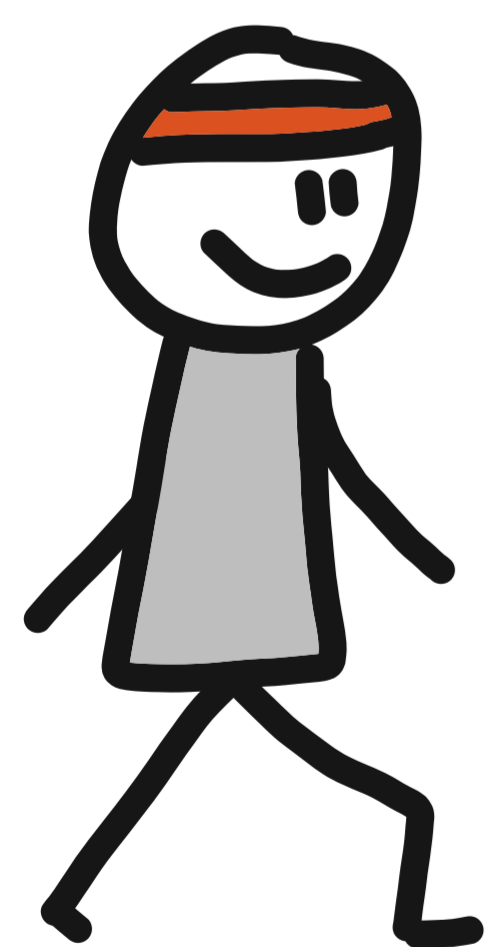
Proprioception is the body's ability to monitor and be aware of itself in space.



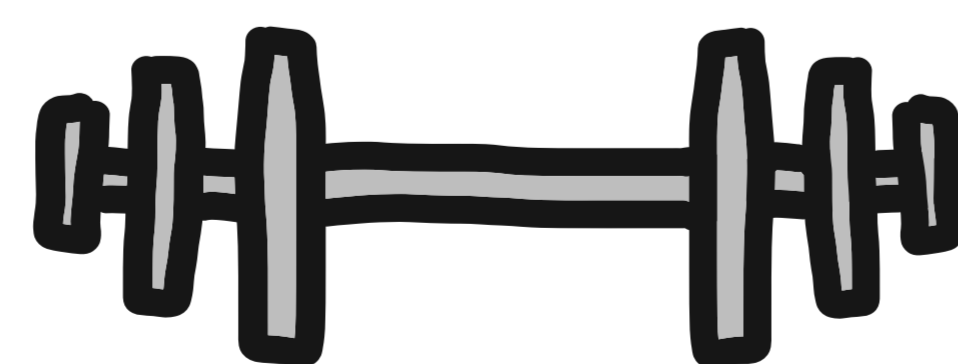
• **WALKING**

We are definitely designed to walk.

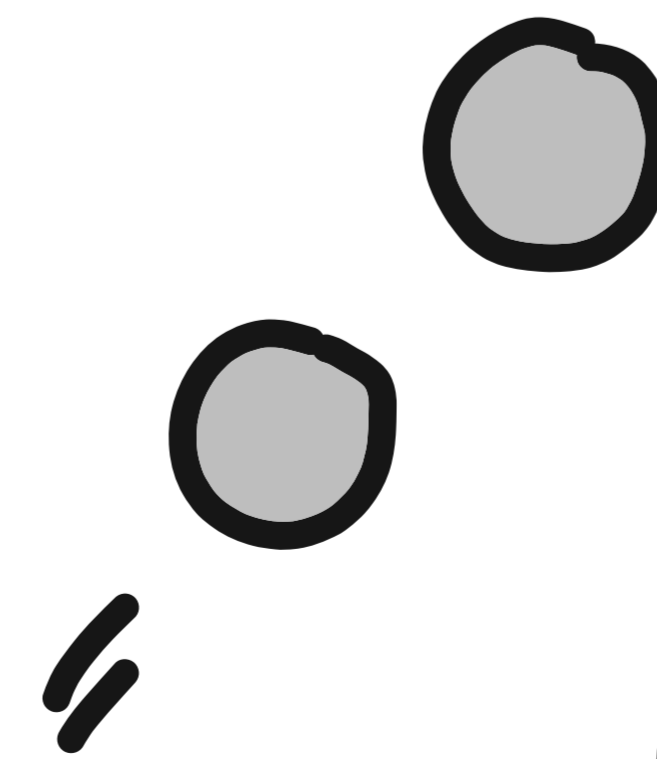
Daily walking can improve your working memory.



Lift heavy things 2x a week as a bare minimum, ideally 2-4 times a week.



• **STRENGTH** training



An Oxford study suggested jugglers have bigger brains, it creates more white matter in the brain.

• Learn how to **JUGGLE**