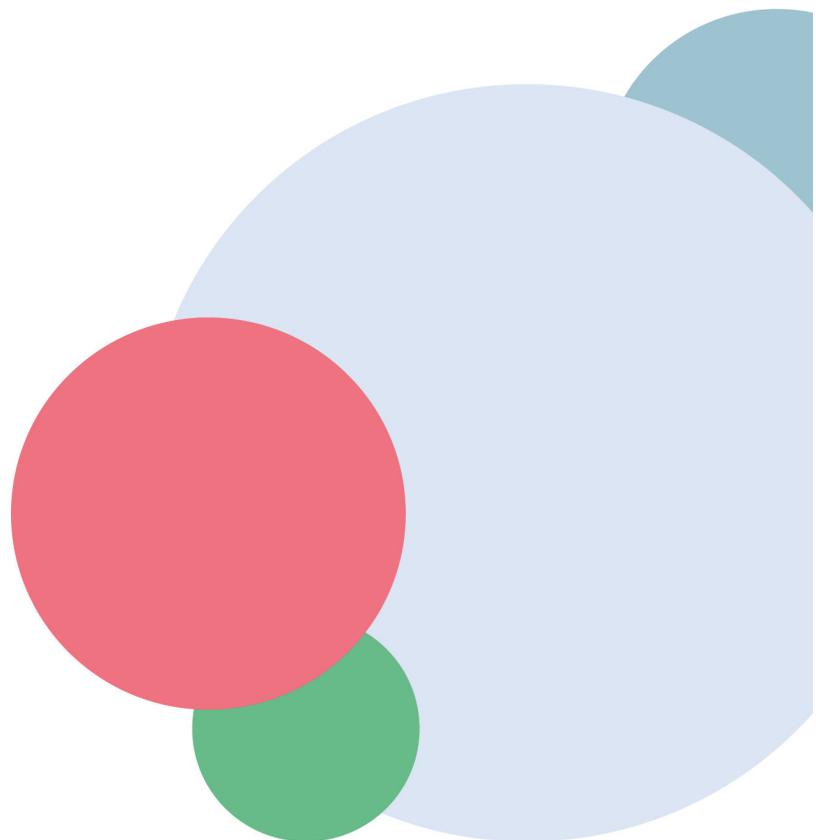


My P3RFORM Profile



Luke Sherriff
04 March 2022



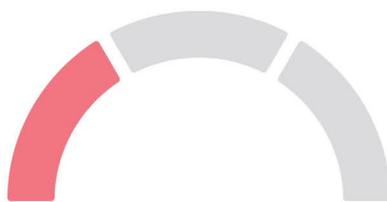
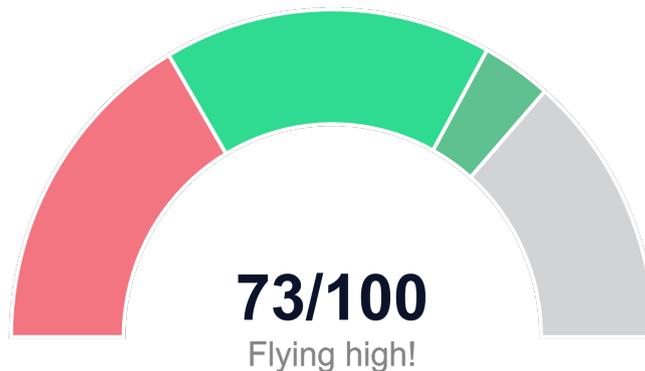
P3RFORM: An introduction

P3RFORM captures and provides you with personalised health and wellbeing data to enable you to make informed choices.

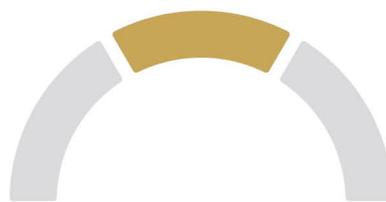
On the following page you will see your dashboard. This shows you where you are on your health and fitness journey. You will then find feedback from the Lifestyle, Movement and Mindset components of P3RFORM which are underpinned by insights from performance psychology.

After reading and digesting your report, please ensure you book your free initial consultation with one of our performance coaches. This will be a fantastic opportunity to have a movement assessment and build your fitness plan.

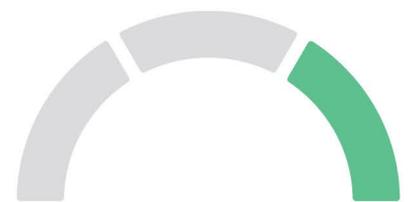
Your P3RFORM Score



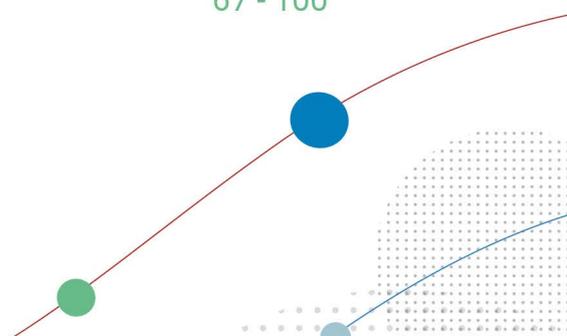
Starting your journey!
0 - 33



Getting there!
34 - 66



Flying high!
67 - 100





P3RFORM / Lifestyle

You scored:





Nutrition

Fuelling our body and mind with a healthy, balanced and nutritious diet aids cognitive function, physical performance, supports our immune system and helps disease prevention. We recognise that how and why we fuel our bodies will differ from person to person depending upon our culture, beliefs and varying contexts. With that said, we have tried to provide meaningful feedback below on your consumption of fruits and vegetables, sugary foods and alcohol as well as how well you stay hydrated.

You are on route to hitting your fluid intake goals. With a slight increase to the daily recommended intake of two litres of water per day, you will be helping to optimise every function in your body to perform at its peak. Water is pivotal for every cell, organ and bodily function and therefore is critical to staying healthy. As well as helping our physical performances, providing fuel for our heart and muscles, water is fundamental to our cognitive functioning, decision making and brain processes. To help increase your consumption try carrying a large water bottle to send subtle nudges to yourself to refill it when it's low. To add variety to your water, try adding in a slice of lemon or orange.

You are on route to hitting your fruit and vegetable intake to create an optimal diet to support your health and immune function through their dense vitamin and mineral content. Your next stage is to raise your consumption to five or more varieties of fruit and vegetables each day. Try incorporating a variety of colours, types and ways of cooking your fruit and vegetables to help progress your health game. The benefits of fruit and vegetables are vast, helping our skin, nails, cognitive function, muscle recovery and immune health; so it's worth every berry you can get.

From your results, it appears your sugary food consumption is above the recommended daily intake. Excess fatty and sugary foods include sweets, biscuits and fizzy drinks. These contain high levels of sugar which cause fluctuations in our blood sugar levels that can lead to chronic disease, such as diabetes. Have you ever eaten a whole chocolate bar and then felt the crash in your energy levels after? This is an example of the fluctuations in our blood sugar levels following the consumption of high levels of sugar. While some sugar can be beneficial around intense prolonged exercise and a bar of chocolate for a treat here and there is acceptable, too many of these foods can be detrimental to our health and result in longer term health complications. To take you to the next level, record when you tend to reach for the sugary foods and notice whether this is a consistent pattern of behaviour. Is there a healthier alternative you can reach for during this time instead of your usual?

Recommendations

You will be able to ask your performance coach for nutrition advice specific to you and your lifestyle. Here are some basic tips for optimal health and wellness in the meantime:

1. Food first - focus on getting the appropriate energy, vitamins and minerals from your food before reaching for supplements.
2. Keep hydrated - don't forget about liquid when considering your nutrition.
3. Eat the rainbow - opt for a range of colourful fruit and vegetables. These contain nutrients such as potassium, fibre, vitamin A, vitamin C and folate which help your body in different ways.

Eat the rainbow examples

Reds

Benefit: these can help increase energy levels and reduce the risk of heart disease.

Found in: tomatoes, watermelon, raspberries, strawberries.

Key compound: lycopene

Greens

Benefit: these can help gut health and reduce levels of hunger.

Found in: broccoli, asparagus, spinach, kale.

Key compound: folate

Purples and blues

Benefit: these can help enhance brain health and support healthy blood pressure.

Found in: purple grapes, blueberries, plums, blackberries.

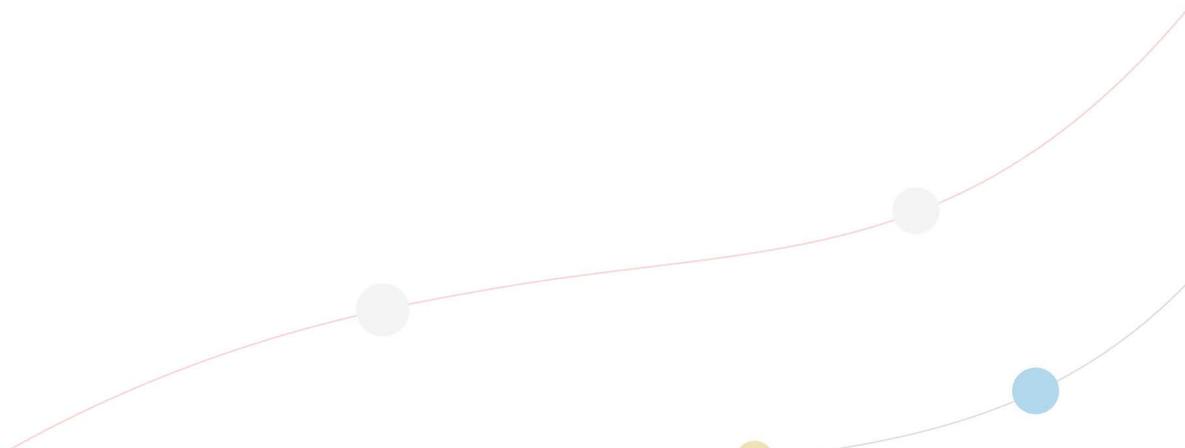
Key compound: anthocyanins

Orange and yellow

Benefit: these can help boost immune function, skin and bone health.

Found in: sweet potatoes, carrots, pumpkin, apricots.

Key compound: beta carotene





Alcohol

Your positive lifestyle choice as a low consumer of alcoholic beverages significantly lowers your risk of alcohol related health problems, such as liver disease. Continue with these lifestyle choices and consider opting for an alcohol free beer.

Recommendations

Alcohol

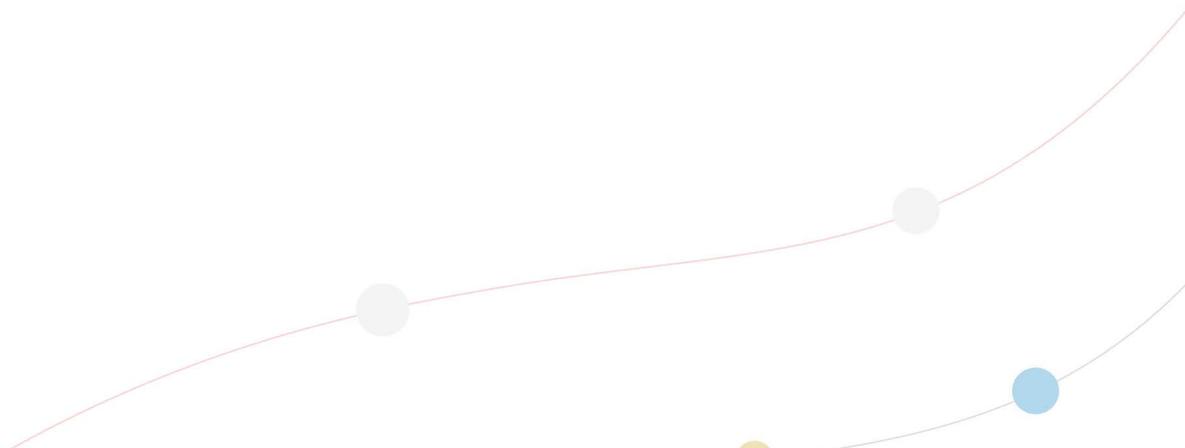
If you decide to have a drink, be mindful of the following:

1. Drink and think in units. The UK's Chief Medical Officer recommends drinking no more than 14 units of alcohol a week on a regular basis. Spread your drinking over three or more days if you regularly drink as much as 14 units a week.
2. Keep a drinking diary. Understanding your drinking patterns can help you work out what you're happy with and what you might want to change.
3. Pace yourself. Enjoy each drink and remember you don't have to take part in every round!



Smoking

Your positive lifestyle choice as a non-smoker means you significantly lower your risk of respiratory problems, cancers and heart disease. The health of the body and its bodily functions is affected by the thousands of toxic components generated as a result of the combustion process when smoking. These toxins are lethal, so keep up the good work at staying clear.





Sleep

Rest, recovery and sleep enables our mind and body to regenerate, reenergise and perform optimally. Ensuring we allocate sufficient time and attention to recovery is key in allowing our body and mind to thrive. There are two main things to consider when we talk about sleep - sleep duration and sleep quality.

You have indicated that on the whole your sleep is acceptable, however it is sometimes impacted during the night. Sleep is an essential ingredient for optimal cognitive and physical functioning, helping us to make decisions and respond quickly to unfolding events. It is recommended we have between 7 and 9 hours sleep to allow our body to repair and rest.

Recommendations

We can do a lot to help support our sleep. Here are some techniques to get those 40 winks.

Relax

It's easier to fall asleep when we're relaxed, so reading a book or having a lovely bath, can help us switch off and fall asleep quicker.

Have a regular bedtime

Your body's circadian rhythm functions on a set loop, aligning itself with sunrise and sunset. Being consistent with your sleep and waking times can aid long-term sleep quality.

Seek light

From an evolutionary perspective, our bodies are trained to be awake during the day and sleep at night. Getting as much light as you can during the day can help signal to our brain and body it's ready to sleep when its night.

Switch off near bedtime

Exposure to light during the day is beneficial, but night time light exposure has the opposite effect. Blue light emitted from smartphones has an impact on your circadian rhythm, tricking your brain into thinking it's still daytime. This reduces hormones like melatonin, which help you relax and get deep sleep.

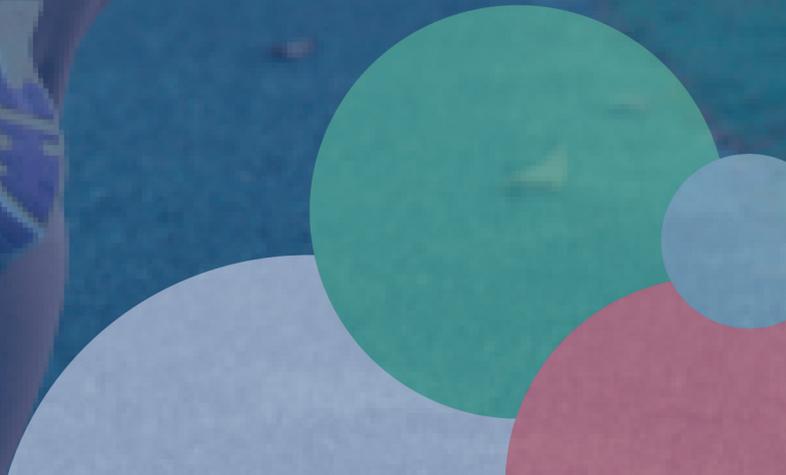
Optimise your bedroom environment

Your bedroom environment is key to getting a good night's sleep. Try to minimise noise, light and artificial lights from devices like alarm clocks. Make sure your bedroom is a quiet, relaxing and clean place.



P3RFORM / Movement

You scored:





Active Living

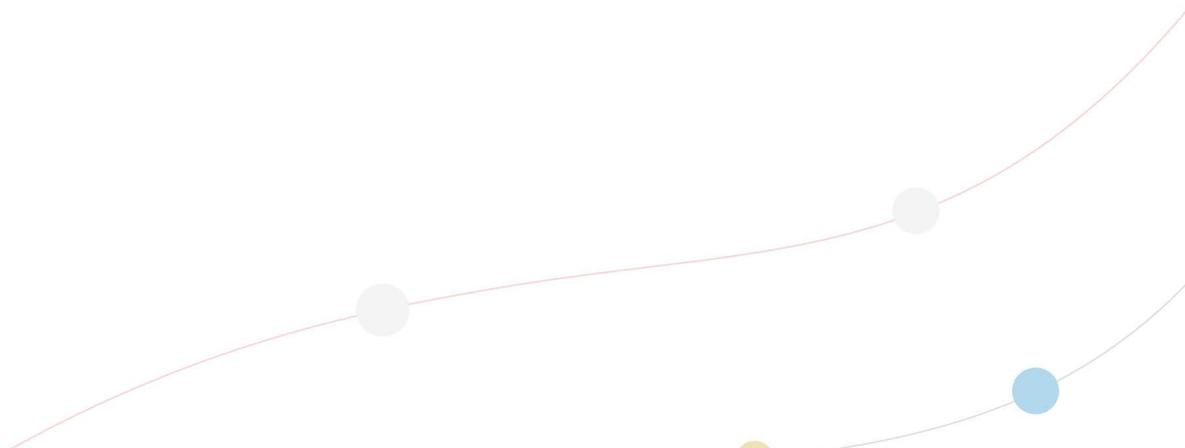
Living an active lifestyle is a major part of maintaining your body's health but being more active can be tough and we may not always know where to begin or what to change. Below are some recommendations to get to the next level.

Many jobs are sedentary in nature. They require us to maintain prolonged static positions in order to complete work related tasks in a timely fashion. Unfortunately, our bodies were not designed to function in this way and therefore we need to take responsibility to keep mobile wherever possible.

Recommendations

It's important to keep active throughout your day to promote heart, joint and mental health. Try going for a long walk a few times a week or taking up some new leisure activities to get yourself moving. After all, movement is medicine!

Setting yourself 'triggers' can be a very effective tactic. Pick something that you know happens little and often throughout the day to set as your 'trigger to move'.



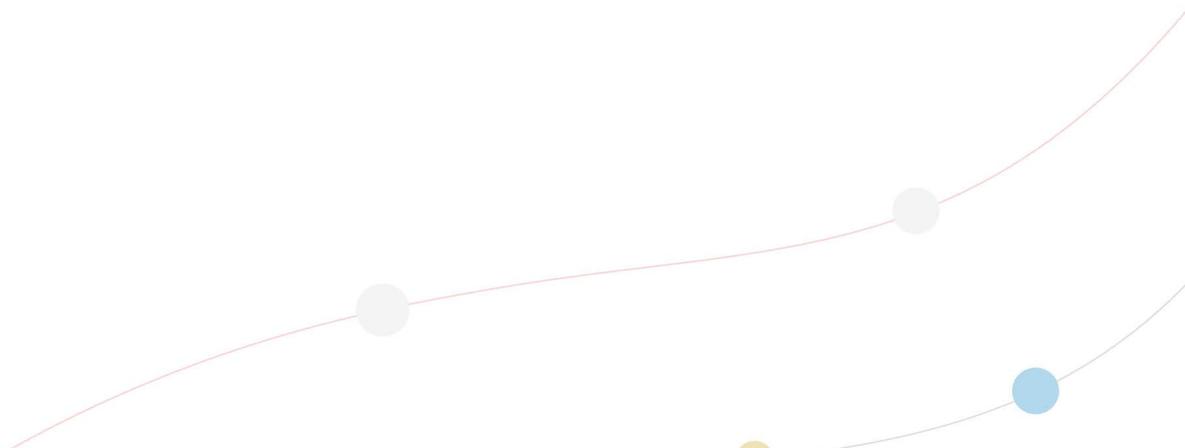


Sport & Exercise

For adults aged 19-64, NHS guidelines recommend that you do at least 150 minutes of moderate intensity activity a week (such as a brisk walk, pushing a lawn mower, dancing) or 75 minutes of vigorous intensity activity a week (such as running, cycling up hills, a fast swim, playing football). You can achieve your weekly activity target with several short sessions of very vigorous activity or a mix of moderate, vigorous and very vigorous intensity activity. Your GCP performance coach will be able to work with you to ensure that the type and intensity of your activity is appropriate for your level of fitness.

As well as doing your aerobic exercise each week, adults should also try to do strengthening activities that work all the major muscles (legs, hips, back, abdomen, chest, shoulders and arms) on at least 2 days a week. By doing this type of training, you should see improvements in your blood pressure, bone health, body composition and general fitness. You will find under the recommendations below a great bodyweight circuit to get you started. Other ways to strengthen muscles would be heavy gardening such as digging and shovelling, lifting weights, pilates, yoga. Please note, you should aim for no more than a 10-15% increase in volume per week.

The final aspect of physical activity that you should try to incorporate into your week is stretching and mobility work. In the recommendations below you will find a great session to keep your joints and muscles feeling healthy and mobile. Please ask your GCP performance coach in your initial consultation if you would like any specific stretches or mobility exercises.



Recommendations

In your initial consultation, your GCP performance coach will run through some movement assessments and devise an exercise plan that is right for you, your goals and the time you have available.

In the meantime, have a go at this strength circuit and mobility session below.

Strength Circuit

Alternating Lunge x 10 Each Leg

Kneeling Press Ups x 10

Squat x 10

Deadbugs x 10

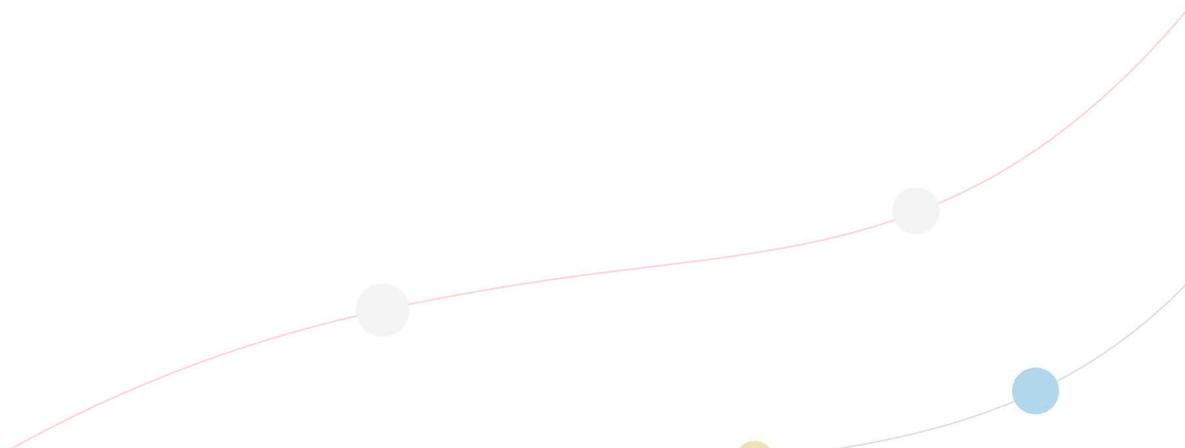
Hip Bridge x 10

Towel Pull Aparts x 10 secs

COMPLETE 3 TIMES

Mobility Session

If you're looking to add some structure or maybe get some ideas for some new stretches, [try this session](#) a few times per week to keep your muscles and joints nice and healthy.





P3RFORM / Mindset

You scored:



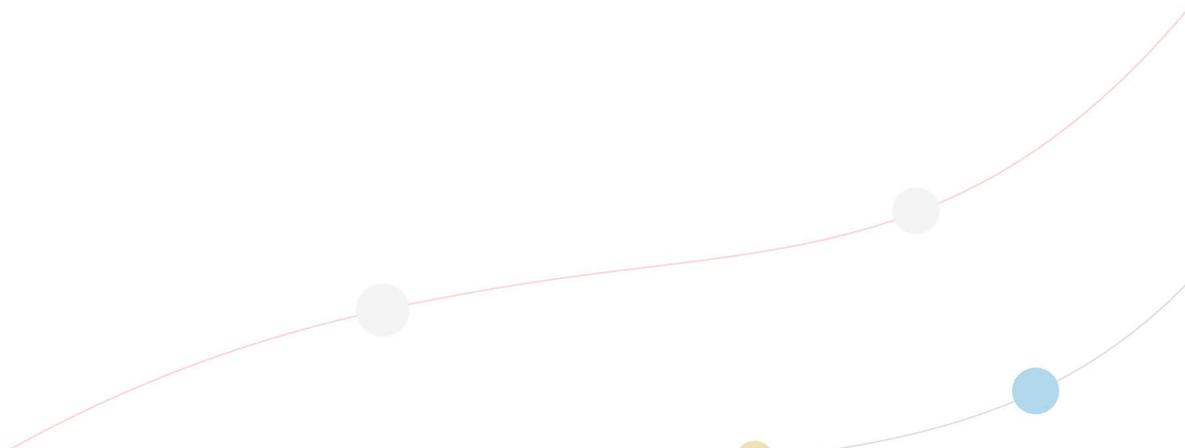


Psychological Core

Understanding our drivers, our motivators and what encourages us to move forwards each day helps us to live a life consistent with how we want to be in the world. Be that exploring our values, purpose and meaning we place on life, it helps us to be true to what matters most.

In line with the ebbs and flows of life, sometimes we feel a strong sense of direction and purpose in life, while other times things can come and knock us off track. When you feel a strong sense of direction, try capitalising on this moment and explore why you are feeling such direction in both your personal and professional life. If you could pinpoint what this was, what would it be? On the other hand, when you don't feel that strong sense of purpose, try considering whether anything has shifted in your personal or professional life that needs taking into consideration.

You have suggested at times you lack connection between your values and beliefs, and your behaviours and actions. A clear understanding of our values and beliefs about the world can help guide our behaviour, especially when we come up against challenging situations. Imagine your values and beliefs like a guiding compass, what would you put on each point of your compass to help guide your behaviour. Think about how you would bring these alive in your actions. For example, if one of your values is teamwork, how do you act in line with teamwork, both at work and at home?



Recommendations

Direction and Purpose

Two simple questions:

1. What is that one thing in your life, that when you do, you feel totally alive?
2. When was the last time you prioritised some time to actually do it?

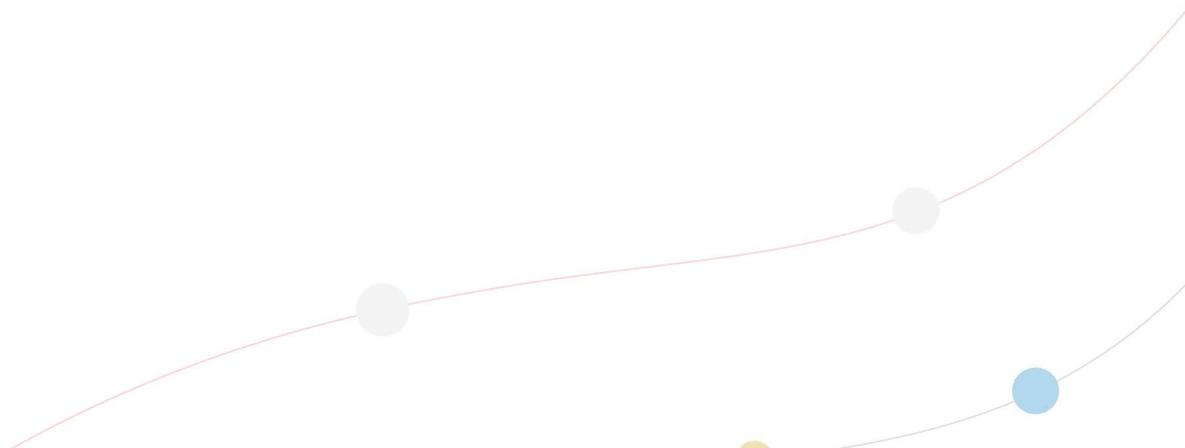
Two actions:

1. Give that one thing a go.
2. Give it a go again.

Beliefs and Values

Move towards the things you value most in life. The values we hold about the world, other people, food and exercise, to name just a few, predict how we are likely to act in certain contexts. Understanding your own values and what drives these, can act as a guiding compass for your behaviour and the actions you take in particular situations.

Start to introduce actions that align with your values. For example, if one of your values is family time, set family time as a high priority. Make time each week for quality family time through, for example, cooking a dinner or taking a walk. Another example of value guided behaviour is teamwork. If you value working in a team at your organisation, what do you do each day to signal to yourself and others that working together in a team is important to you?





Energy Management

There are a wide variety of factors which impact our psychological functioning. Managing your mental energy from home life, work demands and relationships is fundamental in maintaining a positive energy balance and allowing ourselves to function at our optimum.

You don't seem to be very troubled by the demands outside of your life, although you have suggested, sometimes these can get to you. To begin to move to the next level, recognise and be mindful of how you are feeling when demands begin to increase. Organising and scheduling your time can be a helpful practical tip. Look ahead and anticipate any major changes which might be coming. What strategies can you use to manage these upcoming demands?

You appear to be adept at flexing and adapting when challenging situations arise. Being able to work through and adapt to changing and challenging situations is essential for maintaining our mental and emotional health. Spend five minutes thinking about the last challenge you faced, what did you do to overcome this? What can you take away and apply to the next challenge you face? And finally, what would have been even better?

It appears on the whole, you can manage the demands within work. Experiencing high challenge for a prolonged period of time can lead to feelings of discouragement and worry. To help manage this worry, take an active step in your energy management and begin by noticing any assumptions which make you feel stressed or anxious. Follow these with curiosity, explore why these are causing you to feel in this way and seek guidance from who can help you address this.

Your results suggest that on the whole, you have clarity over your roles and responsibilities at work. Clear roles and responsibilities help maintain motivation and engagement in our tasks and projects. To help you get to the next level, try seeking guidance from the appropriate work colleagues on two or three key elements of information you need. You may find it useful to anticipate any changes which might influence your current roles and responsibilities.

Your results suggest you feel somewhat supported in your skill and technical development by your employer, although there is room for additional support here. Support in skill and technical development at work is crucial for feeling respected, considered and a valued part of the team. Not only this, it provides additional motivation for the work you do for your company. If you could pinpoint three key development areas, what would they be? To turn this into an action, who would you need to talk to?

Your results suggest at times you feel challenged by your work. High challenge, which is dominated by results and outcomes, can lead to feelings of over-working and burn out. Challenge needs to be accompanied by appropriate support to allow employees to thrive at their goals and responsibilities.

Your support network looks like it could do with some widening. Support can come from

various sources, friends, family, partners, work colleagues, line managers and even yourself. Social support is crucial in providing a safe space to air our concerns, challenges or worries and can help reduced the feeling of any perceived pressure.

Recommendations

Control the controllables

When working out how best to manage the variety of demands in our life, it can be useful to separate these into two key sections; what is within our control and what is outside of our control. When we know what things or circumstances are within our own control and able to change, and what things are outside of our control and not able to change, not only helps with impulse control but also things like emotion regulation and anxiety.

Fixed and Growth Mindset

Which of these best represents how you approach challenges?

Fixed

- ∨ Gives up easily in the face of obstacles.
- ∨ Sees effort as fruitless or worthless.
- ∨ Ignores useful negative feedback.
- ∨ Feels threatened by the success of others.
- ∨ Has a deterministic view of the world.

Growth

- ∨ Embraces challenges.
- ∨ Persists in the face of setbacks.
- ∨ Sees effort as the path to mastery.
- ∨ Learns from criticism.
- ∨ Find lessons and inspiration from the success of others.
- ∨ A sense of free will in the world.

Research conducted by Stanford psychologist Carol Dweck looked into the profound impact that certain beliefs can have on our lives, and specifically, how we approach challenges. She noticed that those who believe their personality, intelligence and creative abilities to be fixed from birth and unchanging (fixed mindset) were more likely to give up in the face of setbacks, ignore useful feedback, feel threatened by the success of others and avoid challenges that could lead to failure.

Dweck found that those who set themselves up with a growth mindset (seeing failure not as a sign of permanent lack of ability but a chance for learning and growth) were more likely to persist after a set back, embrace big challenges, learn from criticism, and find

inspiration in others.

When you are next facing an obstacle, think back to this research and choose what mindset you would like to take on.

Personal Growth

For growth and personal development to take place, there needs to be an optimal balance between challenge from the tasks or interactions you are engaged in, and support from the processes or people around you. Rather like a set of weighing scales, without the right balance of both ingredients; challenge and support, the outcome could look different to the expectation or what is desired. Too much challenge can lead to an individual experiencing frustration and exhaustion, while too much support can lead to a lack of progress and development.

Your Network

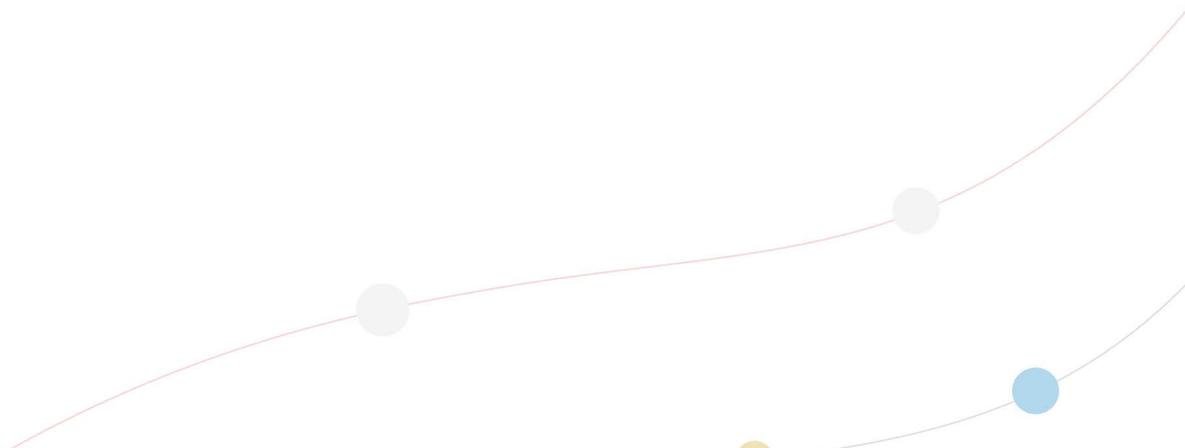
Human beings are born wired for connection. This social connection is one of our key fundamental needs, as strong as the need for food, water and warmth. When this need is met, feeling socially connected to those around us and feeling a part of a group, allows us to live in a state of happiness and succeed in our day-to-day actions. This is found to be one factor which differentiates those who are happy and successful from those who are not as content or accomplished.

Have a think about your social network and who you connect with on a weekly or monthly basis. Who do you go to for support?

Who is your:

1. Mentor
2. Cheerleader
3. Someone who offers a different perspective on the world

As well as thinking about who supports you, take time to consider who you support?





Final thoughts

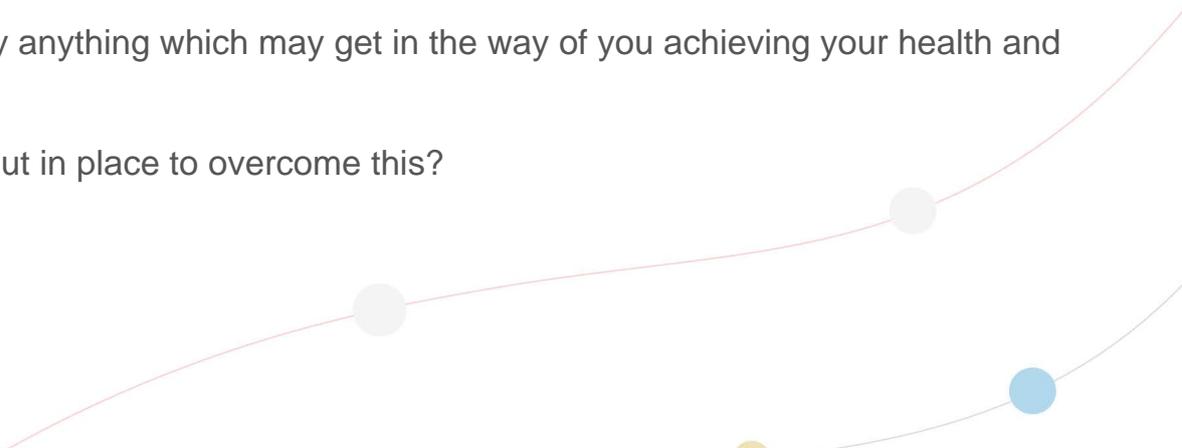
Below are some questions you may wish to consider:

1. What themes do you notice in your report?
2. Does anything in this report surprise you?
3. What specific steps could you take to improve your health and wellbeing in:

- Lifestyle

- Movement

- Mindset

4. Who do you think could support you with this?
 5. Can you identify anything which may get in the way of you achieving your health and wellbeing goals?
 6. What can you put in place to overcome this?
- 

Information on booking your initial assessment:

Book in now for your free video consultation with one of our coaches

[click here](#)

You can expect:

- ∨ Movement assessments
- ∨ Conversation about your health and fitness goals
- ∨ A fitness plan ready for you within 48 hours on the GCP app

NB: Please seek the help of a medical professional if advised to do so or before making any major changes to your lifestyle.

