

**OVADIA HEART HEALTH**

# PEAK PERFORMANCE IN THE WORKPLACE





## Introduction

The start of the New Year often brings a barrage of New Year's Resolutions. There might be individuals who find them helpful; however, research shows differently.

### **According to Grok**

"Most New Year's resolutions don't last very long. According to multiple surveys and studies, the average resolution lasts around 3-4 months, with many people abandoning them much sooner. Around 23% quit in the first week."

And

"Overall success is low: Only about 8-10% of people stick to their resolutions for the full year."

Not very promising. Let's change the paradigm, focus on routines that enhance sustainable peak performance away from a short-term gimmick.

# PEAK PERFORMANCE IN THE WORKPLACE



## **Define Peak Performance**

Peak performance denotes a state in which an individual, team, or organization operates at their highest level of capability, achieving exceptional results with optimal efficiency, focus, and effectiveness. High level performance does not happen by magic. If you, your team and or company are looking to “up” your game for 2026 here are four performance enhancers.

- Practice Focus
- Utilize Physical Renewal
- Fuel for Performance
- Elevate Your Why

# PEAK PERFORMANCE IN THE WORKPLACE



## Practice Focus

How many times a day do you check your email? Is taking a break scrolling on your phone? Do you spend any time just being quiet without a visual or auditory stimulation?

Georgetown University professor and MIT trained computer scientist Cal Newport<sup>[1]</sup> writes about the intersection of culture and digital technology. He authored a book called *Deep Work*, where he highlights the difference between deep (distraction free) work and shallow work. He cites that it is the deep and undistracted work that gives you an edge in any activity from business to sports to life. He uses the phrase that deep work “moves the needle.” He summarizes this distinction in a short video on his show *Deep Questions with Cal Newport*.<sup>[2]</sup>

Deep work along with basically wanting to do well at your job requires focus. Like any muscle the focus one takes practice. You might need to set a timer to say I’m working on this project for one hour and turn off all notifications to not be distracted by email or text.

You can practice in a physical way as well. For example, take a walk. Leave your phone in the car or home. Only attend to your breath and scenery, walk with focused intention.

Another practice tool is acquiring a new skill such as playing an instrument or learning a new language. This demands energy on the specific task at hand in small incremental steps that require focus and repetition.

There are many ways to enhance your ability to focus, such as having a daily meditation or breathing ritual. For some individuals listening to music solely, not doing something else at the same time, heightens focus. Explore what works best for you and your team but note that unless you practice focus it will not be there for you when stress is high.

# PEAK PERFORMANCE IN THE WORKPLACE



## Utilize Physical Renewal

“The relationship between food, physical activity, and learning is hard-wired into the brain’s circuitry.”

Dr. John Ratey[3], Professor of Clinical Psychiatry at Harvard Medical School and Author

In Dr. Ratey’s book, *Spark: The Revolutionary New Science of Exercise and the Brain*, he explores how exercise is key to high level mental performance. Dr. Ratey had a fascinating study of a high school in Illinois where they instituted exercise on an individual level for students directly prior to their weakest subject. The increase in learning and ability to process information was astounding. He also uses exercise as a form of treatment for his patients. Movement heals.

When high level performance is a desired attribute either for yourself or your team, physical breaks are non-negotiable. They do not need to be long, even as little as 5–10 minutes can enhance our productivity levels. We see even greater results when these breaks can be taken outside away from the unnatural lighting inside a building or home.

This aligns with the work of exercise physiologist Neville Owen, PhD who coined the terms “breakers” and “prolongers.” Prolongers were individuals who had more than 3 to 4 back-to-back hours behind the computer, TV etc. who additionally had overall poorer metabolic health than the breakers.[4] For more information see our Ovadia Heart Health white paper on sedentary behavior[5] and other work by Owen et. al.[6]

Bottom line, simple rules like breaking up your sitting time, take frequent breaks away from the screen, get regular minutes in a safe way of early morning red light sunshine and of course do structured exercise regularly. With the caveat, you can’t exercise away a poor diet, nutrition and movement go hand in hand. Explore getting more movement in general across the day.



## Fuel for Performance

A professional athlete or performing artist understands the cruciality of keeping their machine aka body in top form. All their energy and efforts are focused on what it takes to be at the top of their game daily, training, nutrition, sleep, managing stress and handling a rigorous schedule. If they don't do this the risk of injury and potentially unable to work is extremely high. Nutrition for them is all about performance.

In a society with an over-abundance of food-like substances, read ultra-processed food it can be overwhelming and challenging to make good nutritional choices. If you adapt a performance mindset like a high-level athlete, the nutrition revolves around what provides maximum level of performance enhancing fuel. This is very different than seeing food as either a punishment or reward.

Consider yourself as a "corporate athlete" which is a term often used in business acumen. Your meals should fuel you for maximum performance across the day with top quality protein, healthy fats and minimally processed items. Foods that wreak havoc on your blood sugar with highs and lows can have a negative impact on productivity and efficiency.

Hone in on real food, animal-based products, minimally processed items like dairy and cheese along with good quality vegetables and you will be way ahead of the pack. Cooking as much of your food as possible puts you more in control of your health and performance.

In addition, be diligent about monitoring your hydration across the day. Hydration includes managing well your sodium, potassium and magnesium levels not simply just water. Dr. James DiNicolantonio, cardiovascular researcher, pharmacist and author of The Salt Fix speaks widely on the benefits of salt and other minerals in performance. Dr. DiNicolantonio speaks with researcher Mike Mutzel, MS from High Intensity Health for more specific details on good quality hydration to improve performance.[7]



## Elevate Your Why

Leadership expert and author Simon Sinek[8] states everything starts with “Why.” Sinek’s Golden Circle Theory Model[9] of What, How and Why, puts “Why” in the center of the circle. He suggests that inspiring leaders, in our context peak performers, achieve higher levels of success from working from the inside out.

“People don’t buy WHAT you do, they buy WHY you do it.”

If you’re a visual person, finding an image to represent your why can be advantageous. If you relate more to the written word, writing down your why and finding ways to remind yourself of this regularly. It can be easy in our 24-7 lifestyle to become overwhelmed with the “what and how” of your work, however letting your why slip in prioritization might be diminishing your overall performance.

Elevating your “Why” means placing this as a priority in your work, having constant reminders to help keep it fresh and alive. Then organizing actions in alignment with your why. This attention to your why becomes a ritual and part of your commitment to peak performance achievement.

## Final Thought

Exceptional athletes, successful business executives and high-level performers in any sector have one overall thread that unites them: A daily desire for PEAK performance. This doesn’t happen by wishful thinking, but through constant effort, practice and repetition of the tools that enhance their performance capabilities. Make 2026 the year for sustainable high-level performance which can carry you and your team much farther than a New Year’s Resolution.



## References

- [1] <https://calnewport.com/>
- [2] <https://www.youtube.com/watch?v=xJYlhhT7hyE>
- [3] <http://www.johnratey.com/>
- [4] <https://pubmed.ncbi.nlm.nih.gov/22374636/>
- [5] <https://ovadiahearthealth.com/wp-content/uploads/2025/01/White-Paper-The-Impact-of-Prolonged-Sedentary-Behavior-at-Work-1.pdf>
- [6] <https://pubmed.ncbi.nlm.nih.gov/37326297/>
- [7] <https://youtu.be/eTr3S2Bqlow>
- [8] <https://simonsinek.com/>
- [9] <https://simonsinek.com/golden-circle/>



# The OVADIA<sup>®</sup> HEART HEALTH Difference

| OHH EMPLOYEE WELLNESS                | STANDARD PROGRAMS                |
|--------------------------------------|----------------------------------|
| Metabolic Health Enhancement         | Disease Management Focused       |
| Heart Surgeon Oversight              | HR or Insurance Co. Oversight    |
| Individual Education and Empowerment | Instructive One Size Fits All    |
| Experienced Metabolic Coaches        | Insurance Trained Coaches        |
| Combine Onsite and Virtual Program   | Virtual Self-instructed Programs |
| Private Medical Practice Success     | Minimal Long-term Results        |
| Utilize Current Research and Tools   | Standard Medical and USDA Advice |
| Results Focused                      | Participation Focused            |



# OUR TEAM



Paper Written By:

**Krisna Hanks**

**Director of Employee Wellness**

Ms. Hanks holds a MS in Kinesiology from Indiana University and an MBA from the University of San Francisco. She is a certified Metabolic Health Practitioner, Nutrition Network Coach Practitioner™ with decades of experience as a worksite wellness consultant and executive coach. Currently Krisna is Director of Employee Wellness and Metabolic Health Coach with Dr. Philip Ovadia and the I Fix Hearts Team. Her background combines years as a professional dancer in Europe and USA, certified worksite wellness advisor, Diabetes Prevention Specialist, Senior Fitness and certified Classical Pilates instructor.

## **Dr. Philip Ovadia**

**Board-certified Cardiac Surgeon and founder of Ovadia Heart Health**

Our mission is to optimize the public's metabolic health and help people like you stay off my operating table. As a heart surgeon who used to be morbidly obese, I have seen firsthand the failures of mainstream diets and medicine. I realized that what helped me lose over 100 pounds was the same solution that could have prevented thousands of open heart surgeries I've performed – metabolic health. Through Ovadia Heart Health, I teach individuals and organizations my complete metabolic health system to prevent and reverse disease, avoid early death, and live well for life.



**Next Steps:** Your heart's health is too important to leave in the hands of someone who doesn't fully support your wellness journey.

## **CONTACT US**



 (503) STAY- OFF

 [Wellness@ifixhearts.com](mailto:Wellness@ifixhearts.com)

 <https://ovadiahearthealth.com>

