

Food for Peak Performance
Mark Walch MA, LPCC
505-271-4699

We will discuss the chemical and Bio-psychological connection between food and performance, and then present 3 different models of nutrition to enhance health and performance.

Bio

Mark has been working in the field of personal growth and education for 30 years. From his first work as an educator to his current focus on leadership development, he has always provided a safe and engaging experience for participants. He has led thousands of people through experiential training and Ropes Courses around the world. He is a principal, mentor and mentor trainer in the Arch of Leadership Program providing innovative and unique directions for executive leadership development. Walch has worked with a wide variety of diverse groups including adults, educators, mental health professionals and youth of all ages and affiliations. He has taught courses at the UNM Management Development Center, Anderson Schools of Management on leadership, and has been published and quoted on using experiential training methods. He has also consulted to many corporate institutions on leadership and organizational development in a variety of situations including conflict management, team building, goal setting, vision/mission work, coaching and retreats.

He has been actively involved in the local community working with Native groups, high tech companies and service organizations. He has worked with the UNM Women's Soccer team in developing individualized performance enhancing nutrition plans as well as other sports psychology interventions. As a collegiate athlete and elite level high school coach, as well as extensive mountaineering expeditions, he is intimately involved in the process of human development and performance enhancing methodologies.

Mark offers a unique perspective into corporate trainings by his experience in Mental Health counseling as a licensed therapist, and extensive business experience. He has designed and provided multiple DWI offender treatment programs for Sandoval County for many years with an emphasis on nutrition and addictions. His insight allows for new perspectives to be discovered by the participants, usually through innovative program design and approaches. His use of experiential learning techniques and designs bring fun and a lightness to the work environment, that allows for deeper understanding of the issues and challenges as well as the opportunities available to the group.

Bibliography:

- Eat Right 4 your Type, by Peter D'Adamo; G.P. Putnam's Sons, 1996.
- Molecules of Emotions, by Candace Pert; Scribner, 1997
- Potatoes not Prozac, The Sugar Addict's Total Recovery Program, by Kathleen DesMaisons; Simon & Schuster, 1998, 2000.
- Body, Mind, and Sport, by John Douillard; Three Rivers Press, 2001.
- Ayurveda: The Science of Self-Healing, by Vasant Lad; Lotus Press, 1984
- Stop Your Cravings: A Balanced Approach to Burning Fat, Increasing energy, and Reducing Stress, by Jennifer Workman; The Free Press, 2002 (Simon & Schuster)



Arch of Leadership

Discover Your Mind-Body Type

Instructions: For each subject below, check the answer, or answers that describe you best.

| | | | |
|-------------------------|---|---|---|
| BODY SIZE..... | <input type="checkbox"/> small frame | <input type="checkbox"/> medium frame | <input type="checkbox"/> large frame |
| WEIGHT..... | <input type="checkbox"/> thin, hard to gain | <input type="checkbox"/> medium weight | <input type="checkbox"/> heavy, easy to gain |
| NOSE..... | <input type="checkbox"/> Uneven shape, dev septum | <input type="checkbox"/> Long, pointed, red tip | <input type="checkbox"/> Short, rounded, button |
| SKIN..... | <input type="checkbox"/> dry, rough, dark | <input type="checkbox"/> soft, medium oily, rosy | <input type="checkbox"/> oily, moist, smooth, pale |
| EYES..... | <input type="checkbox"/> small, sunken, dry, active | <input type="checkbox"/> medium, sharp, bright | <input type="checkbox"/> large, loving |
| TYPE OF HAIR..... | <input type="checkbox"/> dry, light brown, thin | <input type="checkbox"/> Straight, bald, red, blond | <input type="checkbox"/> Thick, curly, wavy, |
| LIPS..... | <input type="checkbox"/> dry, cracked, tinged dark | <input type="checkbox"/> Red, inflamed, yellowish | <input type="checkbox"/> Smooth, oily, pale, white |
| SIZE OF TEETH/GUMS..... | <input type="checkbox"/> very large or small, thin gums | <input type="checkbox"/> medium, soft tender gums | <input type="checkbox"/> medium/large, white, healthy gums |
| BELLY..... | <input type="checkbox"/> Thin, flat, sunken | <input type="checkbox"/> Moderate | <input type="checkbox"/> Expanded, round |
| EATING..... | <input type="checkbox"/> Quickly | <input type="checkbox"/> Moderate | <input type="checkbox"/> Slowly |
| APPETITE..... | <input type="checkbox"/> Irregular, scanty, fast | <input type="checkbox"/> Strong, unbearable | <input type="checkbox"/> Slow but steady |
| TASTE PREFERENCE..... | <input type="checkbox"/> Sweet, sour, salty | <input type="checkbox"/> Sweet, bitter | <input type="checkbox"/> Bitter, pungent |
| ELIMINATION..... | <input type="checkbox"/> dry, hard, constipated | <input type="checkbox"/> many, soft, normal | <input type="checkbox"/> heavy, slow, thick, regular |
| SLEEP..... | <input type="checkbox"/> light, interrupted | <input type="checkbox"/> sound, medium length | <input type="checkbox"/> sound, heavy, long |
| DREAMS..... | <input type="checkbox"/> fearful, flying, quick, active running, jumping | <input type="checkbox"/> anger, fiery, violent | <input type="checkbox"/> water, clouds, lakes relationships, romance |
| EXERCISE TOLERANCE.... | <input type="checkbox"/> low endurance, hyperact | <input type="checkbox"/> medium end, sharp bursts | <input type="checkbox"/> high endur, slower |
| STRENGTH..... | <input type="checkbox"/> poor | <input type="checkbox"/> good | <input type="checkbox"/> excellent |
| SPEECH..... | <input type="checkbox"/> Rapid, unclear | <input type="checkbox"/> Sharp, penetrating | <input type="checkbox"/> Slow, monotonous |
| MENTAL ACTIVITY..... | <input type="checkbox"/> quick mind, restless | <input type="checkbox"/> sharp intellect, accurate | <input type="checkbox"/> calm, steady, stable |
| MOODS..... | <input type="checkbox"/> changes quickly | <input type="checkbox"/> slowly changes | <input type="checkbox"/> steady, non-changing |
| FAITH..... | <input type="checkbox"/> Changeable | <input type="checkbox"/> Intense, Extremeist | <input type="checkbox"/> Consistent, deep |
| MEMORY..... | <input type="checkbox"/> short term is best | <input type="checkbox"/> good general memory | <input type="checkbox"/> long term is best |
| WEATHER..... | <input type="checkbox"/> aversion to cold | <input type="checkbox"/> aversion to hot | <input type="checkbox"/> aversion to damp, cool |
| REACT TO STRESS..... | <input type="checkbox"/> excite very quickly | <input type="checkbox"/> anger easily, quick temper | <input type="checkbox"/> slow to get irritated |
| FINANCIAL..... | <input type="checkbox"/> doesn't save, poor spends quickly | <input type="checkbox"/> saves, but big spender | <input type="checkbox"/> saves regularly, accumulates wealth |
| WALK..... | <input type="checkbox"/> fast, quickly | <input type="checkbox"/> average | <input type="checkbox"/> slow and steady |
| TOTAL | <u>VATA</u> <input type="text"/> | <u>PITTA</u> <input type="text"/> | <u>KAPHA</u> <input type="text"/> |

This questionnaire gives an initial indication of your Ayurvedic mind-body type.



Arch of Leadership

Your Mind-Body Type

Personal Self-care Guidelines

VATA

Vata governs all motion-breathing, circulation, elimination and the flow of nerve impulses to and from the brain. Vata is fast, cold and dry by nature. These qualities increase during fall and winter, the Vata season.

Vata in balance: makes one alert, imaginative, quick mind sensitive, spontaneous, resilient, and exhilarated!

Vata out of balance: makes one restless, unstable, worry, easily distracted, light and interrupted sleep, mood swings and dry skin.

To balance Vata: Stabilize motion, reduce and limit stress, travel, disturbing environmental sounds and loud music. Favor warmth, moisture and regular routine. Favor sweet, sour and salty tastes.

PITTA

Pitta governs digestion and metabolism - energy production. Pitta is hot and intense by nature. These qualities increase in the summer, the Pitta season

Pitta in balance: makes one intellectual, alert, confident, enterprising, sharp and joyous!

Pitta out of balance: makes one prone to anger, aggressive, self-criticism, excess body heat, impatience and sensitive to skin flare-ups.

To balance Pitta: Reduce or limit stimulants, and spicy foods. Favor coolness, leisure, natural beauty, and moderation. Favor sweet, bitter and astringent tastes.

KAPHA

Kapha governs structure and fluid balance - formation of muscles, fat, bone and sinew. Kapha is slow, cold and wet by nature. These qualities increase in the springtime, the Kapha season.

Kapha in balance: gives one strength, endurance and tolerance, steady, strong, calm, grounded and loving.

Kapha out of balance: makes one feel dull, lethargic, depressed, over attached and gain weight easily especially water.

To balance Kapha: Reduce sweets. Favor stimulation, regular exercise, varied experiences, warmth and dryness. Favor pungent, bitter and astringent tastes.