



PRESENTED AT QCON NEW YORK 2015

Fighting Fit

Health, Fitness, and Nutrition for Technologists

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Impact = Quantity (?)



Impact = Quantity × Quality (!)





Quality = Priority × Productivity



Priority: Getting (the Right) Things Done



Productivity = Mental × Physical Condition

Impact = Quantity × Priority × Mental Condition × Physical Condition



Maintain a healthy weight.



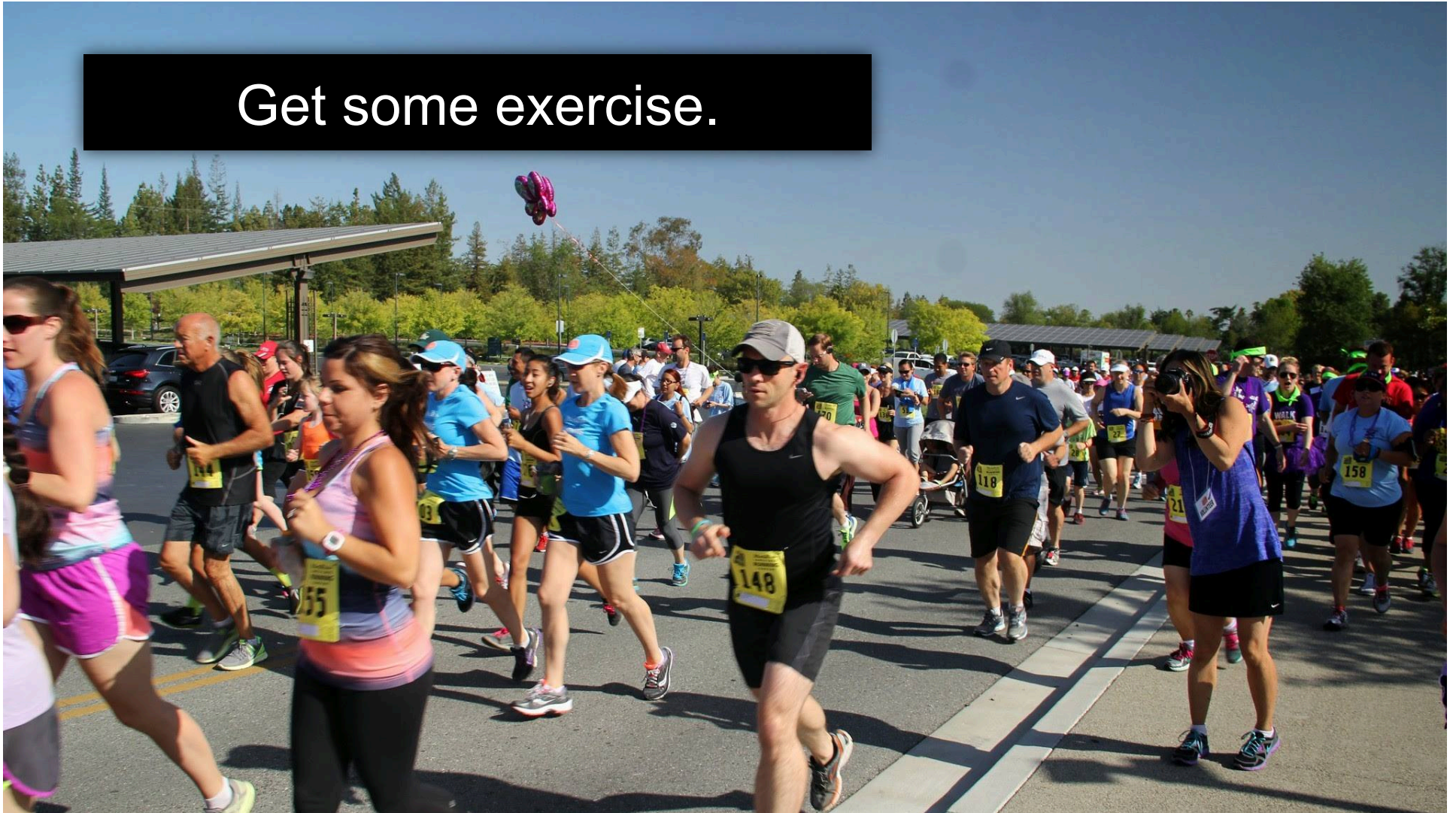
1. Go easy on the grains
2. Avoid high sugar foods
3. Drink lots of water
4. Big breakfast
5. Small dinner



Sleep enough.



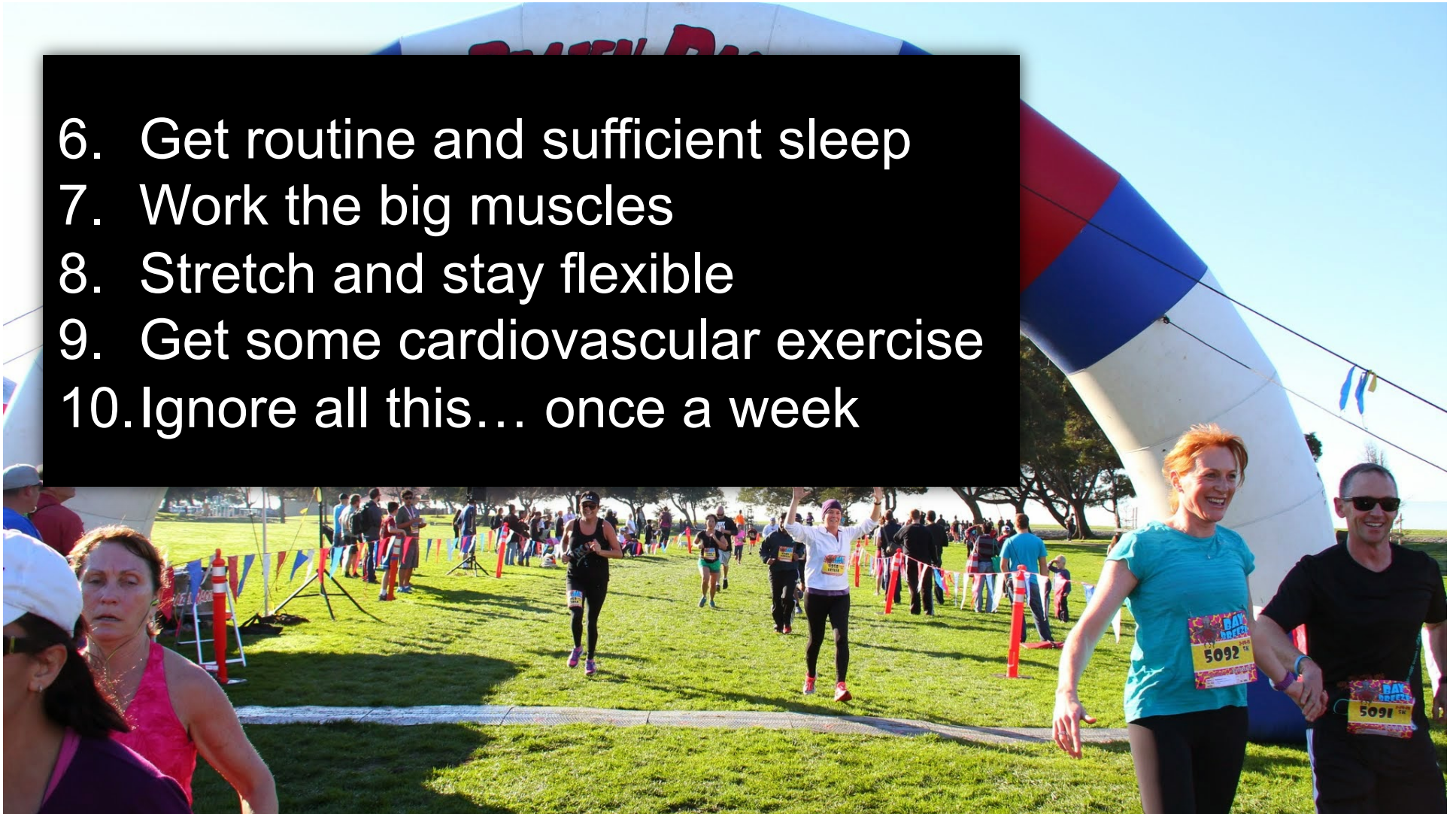
Get some exercise.





30 minutes per day has impact.

6. Get routine and sufficient sleep
7. Work the big muscles
8. Stretch and stay flexible
9. Get some cardiovascular exercise
10. Ignore all this... once a week



Guillane-Barré Syndrome





Fighting GBS: 52 races in 52 weeks to raise \$52,000

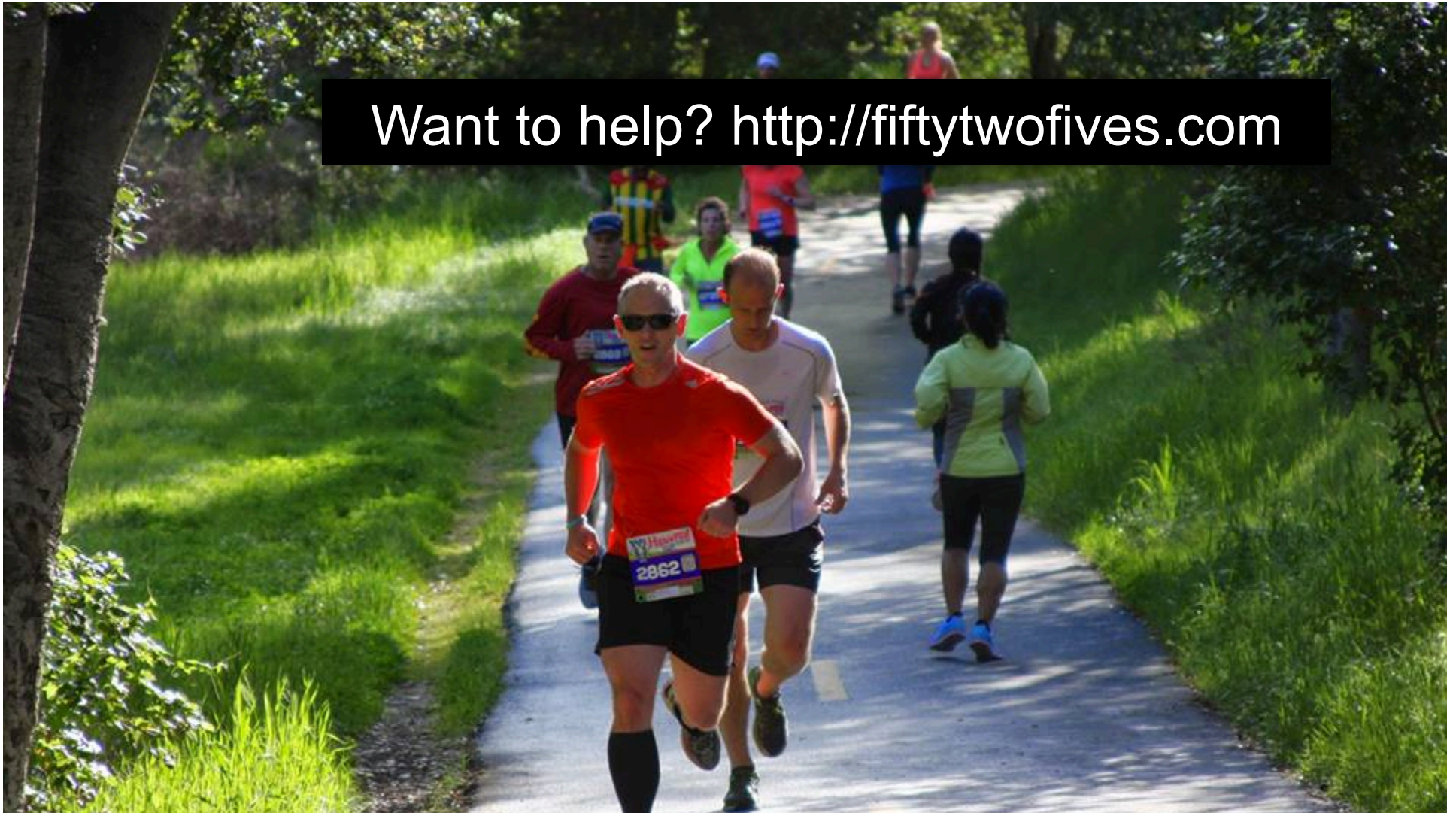


20,000 people,
wow!

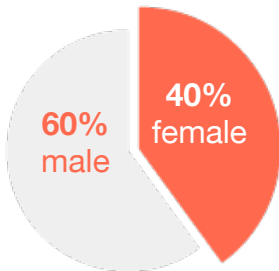
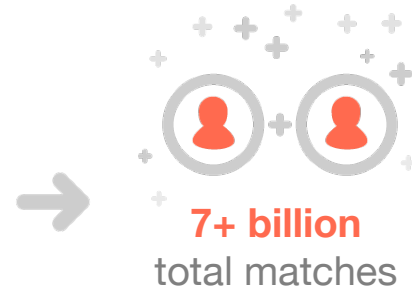
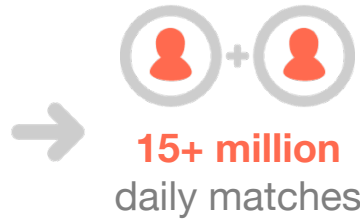
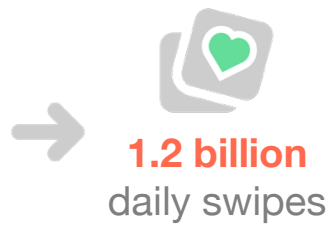
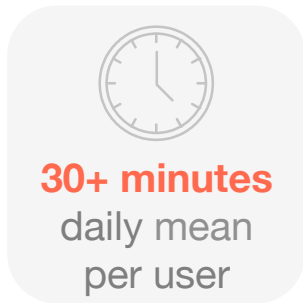
Today. 18 races. \$34,694. 111 donors.



Want to help? <http://fiftytwofives.com>

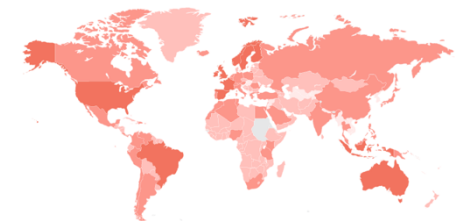


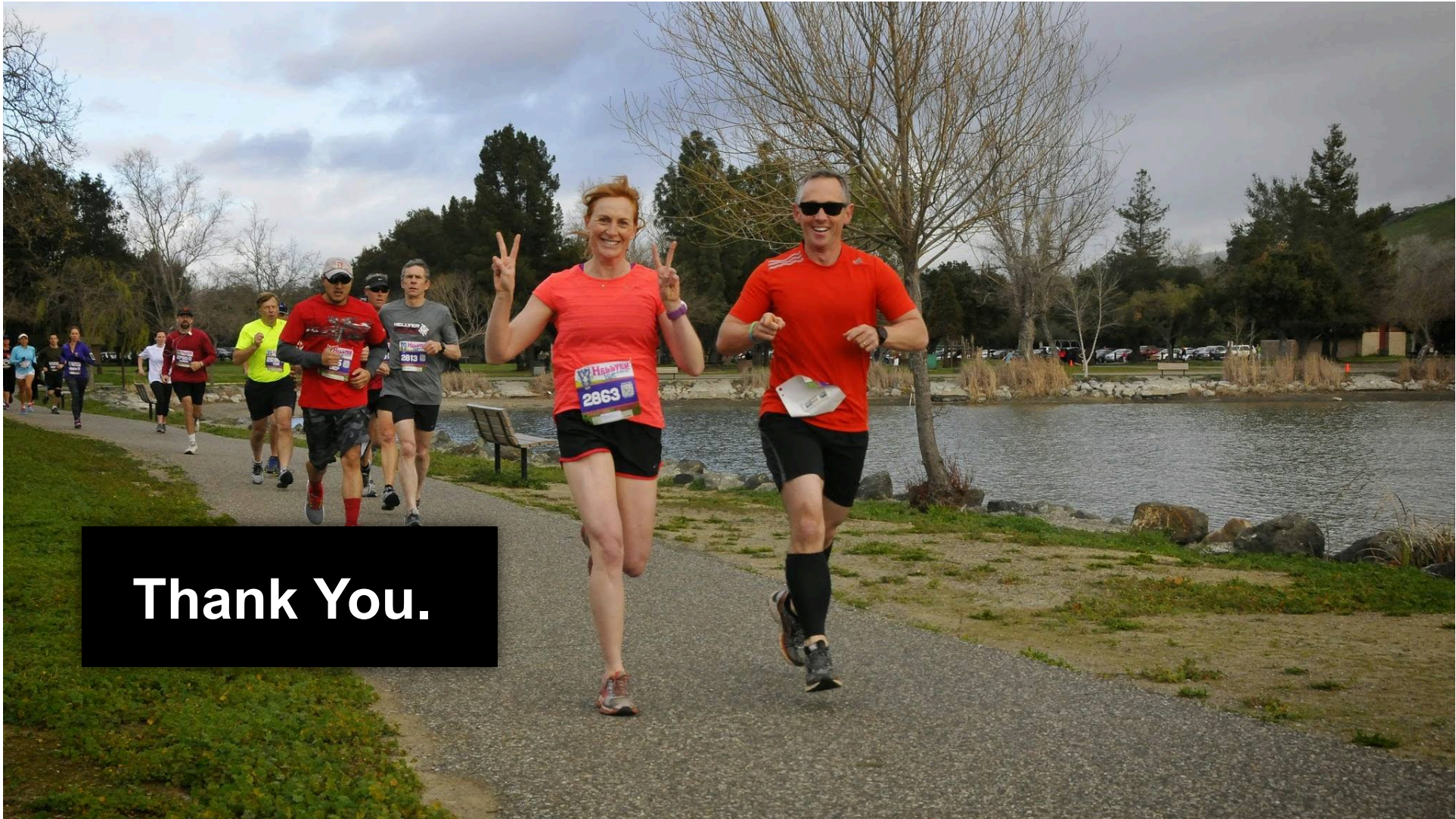
So, why Tinder?



**85% of users
are between
the ages of 18
and 34**

Tinder now has users in
196 countries





Thank You.