



# MIKE'S NOTES

## Mega Agent Camp 2024 - Shawn Stevenson Executive Summary

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*Shawn is a health and wellness advocate who promotes a holistic approach to well-being. He emphasizes the importance of nutrition, exercise, sleep, hydration, social connections, and mental stimulation for optimal health and cognitive function. By incorporating these elements into daily life, individuals can improve their quality of life.*

### Key Items:

- Nutritional Security
  - Essential for brain health, Omega-3s can cross the blood-brain barrier and support neuron function.
  - Crucial for tissue repair, hormone production, and energy regulation, aim for 0.9-1.2 grams per pound of ideal body weight.
- Regular Exercise
  - Exercise improves cognitive function, reduces the risk of dementia, and increases brain sensitivity to positive stimuli.
  - Muscles release hormones that enhance brain and overall well-being.
  - The best form of exercise is the one you'll stick with.
- Limit Sugar Intake
  - Excessive sugar consumption can impair cognitive performance and contribute to brain shrinkage.
  - Prioritize whole, unprocessed foods, and limit sugary drinks.
- Prioritize Sleep
  - Adequate sleep is crucial for cognitive function, memory consolidation, and emotional regulation.
  - Create a sleep-conducive environment. Ensure a dark, cool, and quiet sleeping space.
  - Avoid screens before bed because the blue light emitted can interfere with sleep.
- Invest in Real Connections
  - Strong social bonds can reduce stress, improve mental health, and positively influence eating habits.
  - Prioritize meaningful relationships and limit excessive social media use.
  - Dedicate time for family and friends, and be present in your interactions.

### Action Items:

1. Take care of your employees.
2. Use technology to make your work easier and faster.
3. Focus on providing excellent customer service to build strong relationships with clients.

### ONE Thing to Remember:

A holistic approach to health, incorporating nutrition, exercise, sleep, hydration, social connections, and mental stimulation, is essential for optimal well-being.