

Life in the Fast Lane

Learning from
Biosensors

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- 63 year old white male
- OK shape (good genes!)
- 10 lbs overweight
- Moderate QS'er

Live well
Stay healthy
Thrive



- Eat less
- Exercise More
- Get Plenty of Rest
- Reduce your stress

I am a Type A...



TELEAGENT SYSTEMS



C-Cube
Microsystems



GSA

How to Achieve One's Goals

Modify Behaviors



Lead a Balanced Life

Be Focused



Learn from Data



Use Tools



Case Study... *Race to Win*

2nd place is the 1st Loser!

- It requires Focus, Focus, Focus
- Staying Calm and in the moment
- Operate in the 'Zone'



The Zone



That place where we are observers

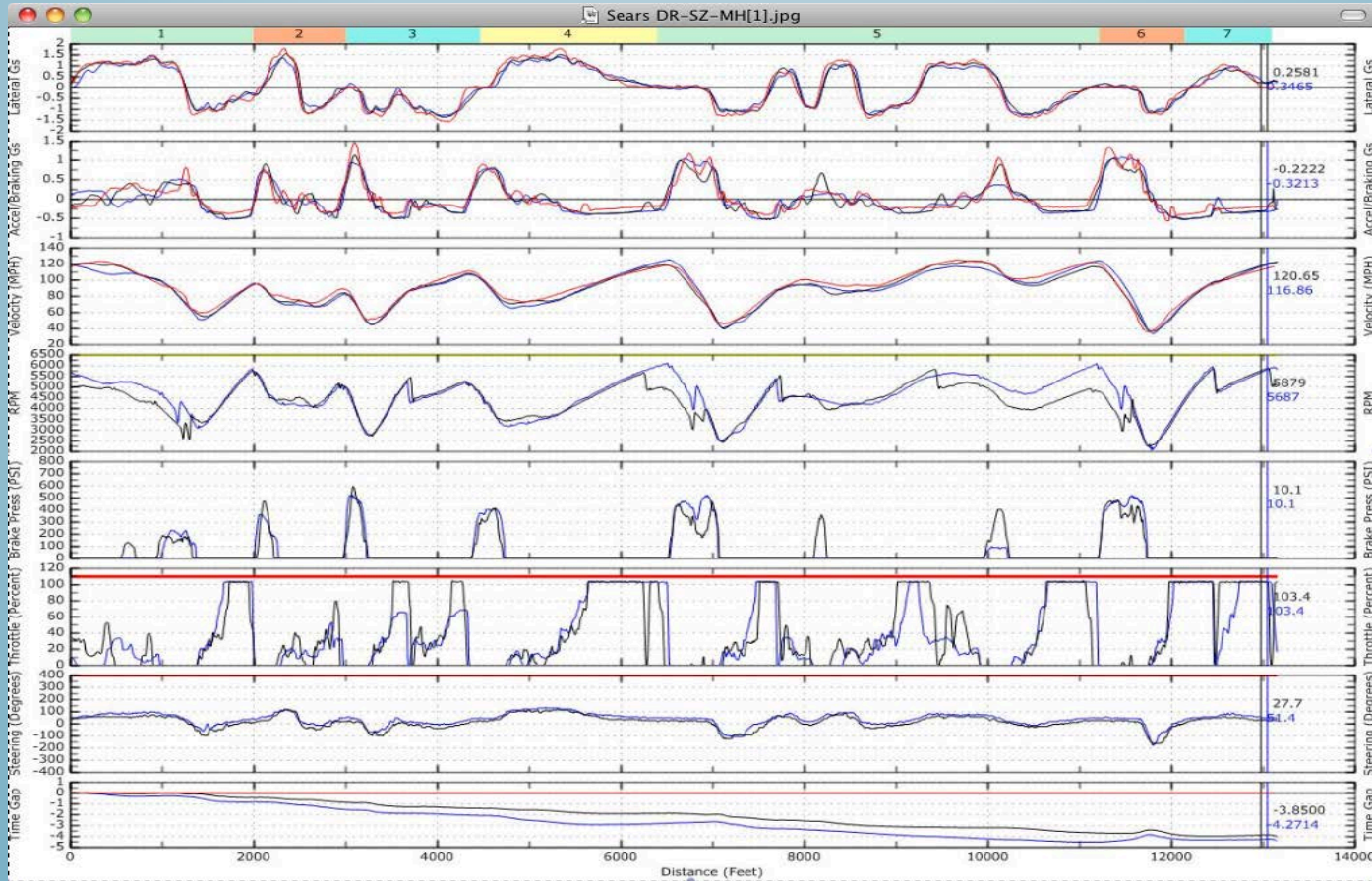
... in sports

... in business

... in life

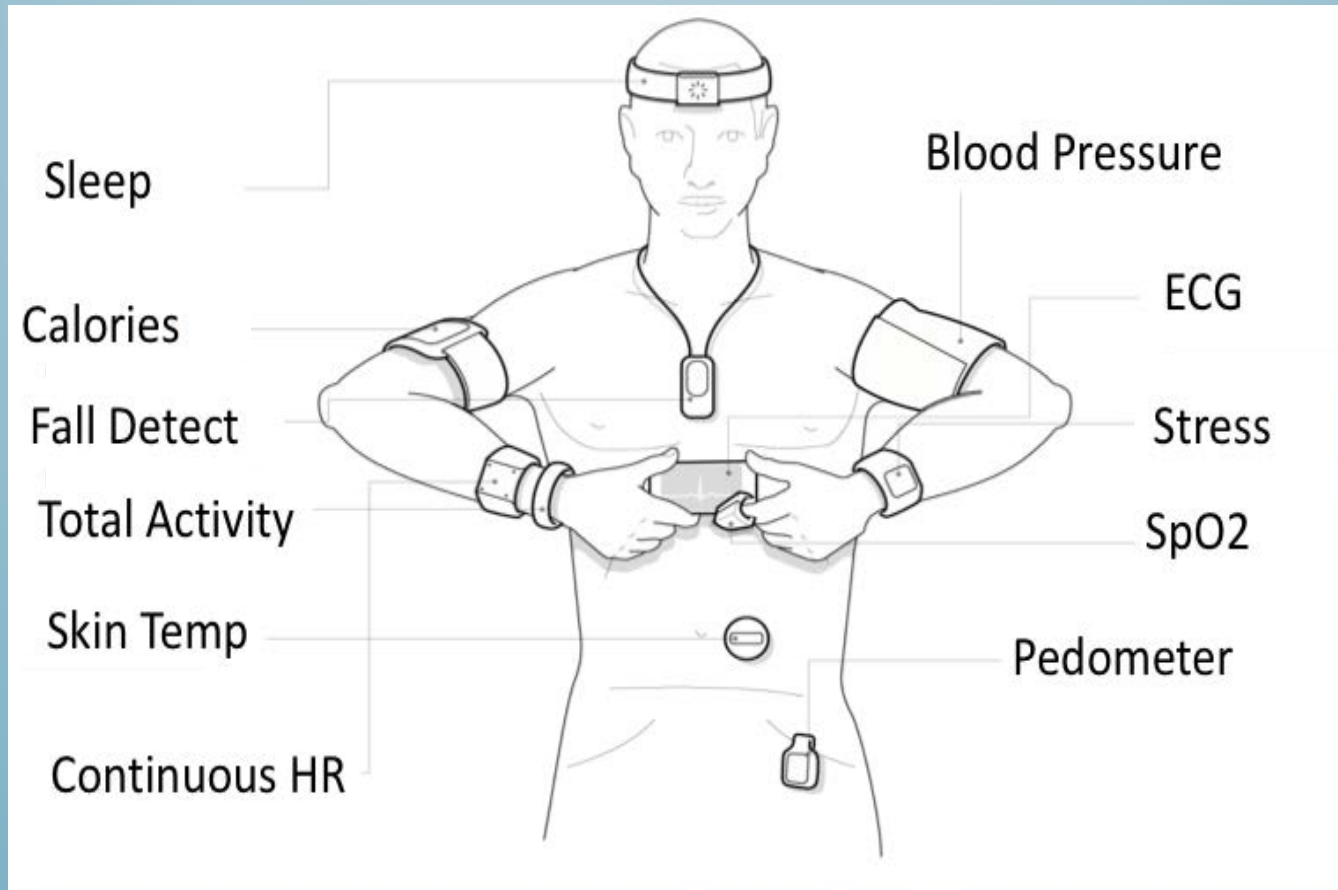
Our focused mind slows everything down and we perform at our best!

In racing, we monitor the car and driver's actions



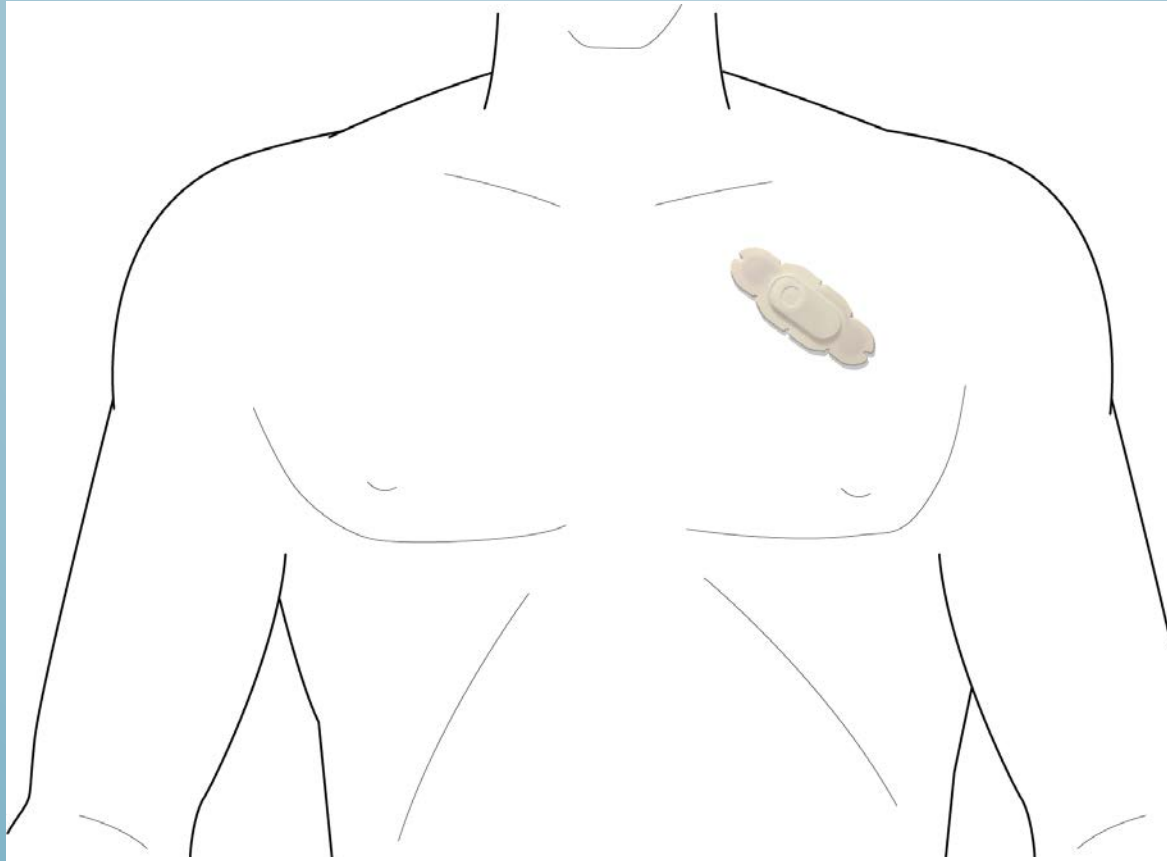
For our bodies, we need biosensor Tools

We can't be this guy!

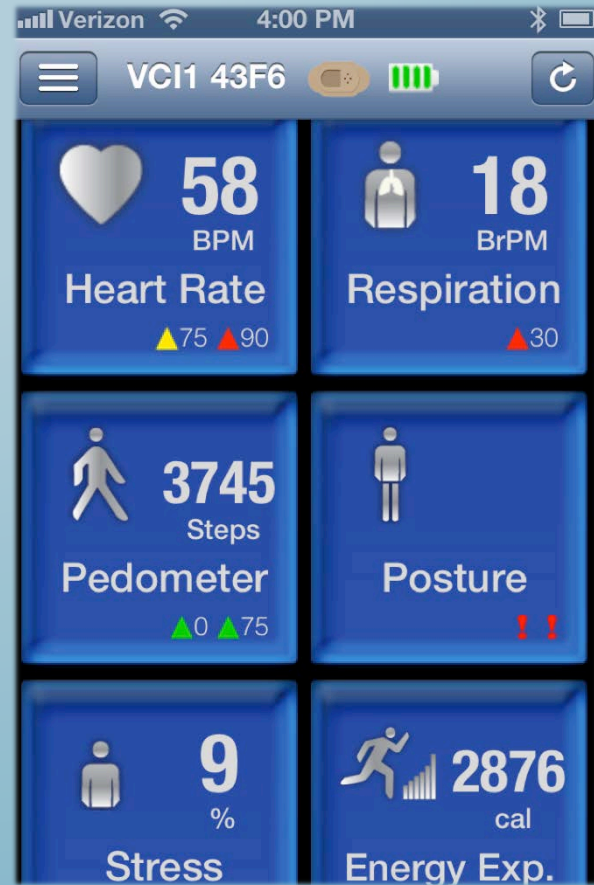


Too much stuff!

We need to be this guy!



HealthPatch – the Tool



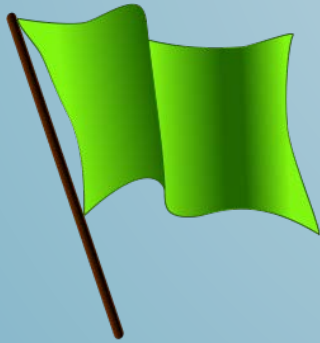
HealthPatch – the Tool

Biometric Measurements	
Single Lead ECG	Contextual Heart Rate
Heart Rate	Stress
Heart Rate Variability	Energy Expenditure (Calories)
Respiratory Rate	Sleep Duration, Bed Entry/Exit
Skin Temperature	Sleep Actigraphy, Sub-Posture
Posture	Sleep Quality (Hypnogram)
Steps	Summarized Activity
Fall Detection / Severity	Gait Analysis (2 sensors)

Come see us at our demo table!

Historical Data Summary

START



Heart Rate: 170

Resp Rate: >30

Stress: 99%

MID-RACE



Heart Rate: 137

Resp Rate: 25

Stress: 65%

FINISH



Heart Rate: 110

Resp Rate: 18

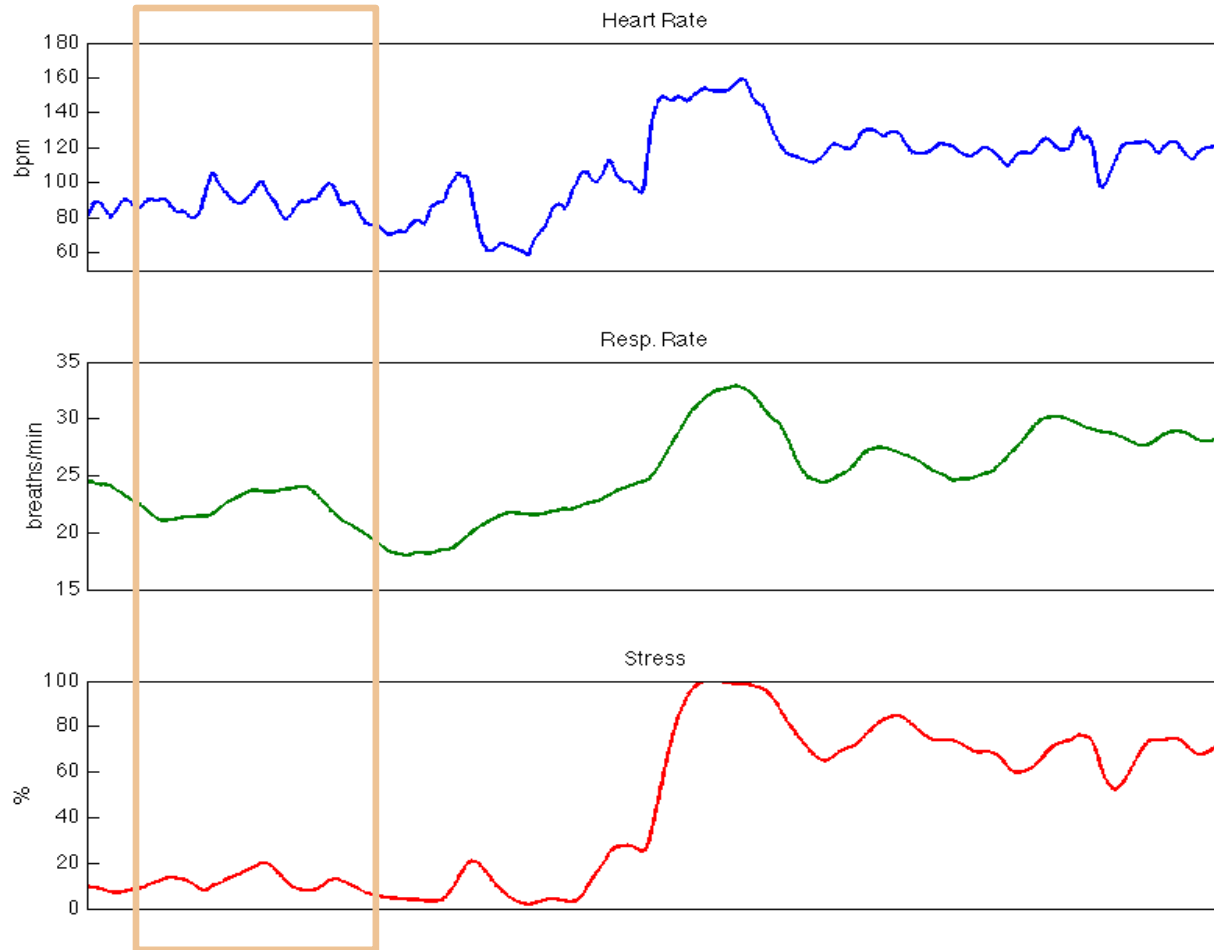
Stress: 45%

It's a big effort by a lot of people



No Pressure!

Getting Ready to Go



The warm up lap Spin

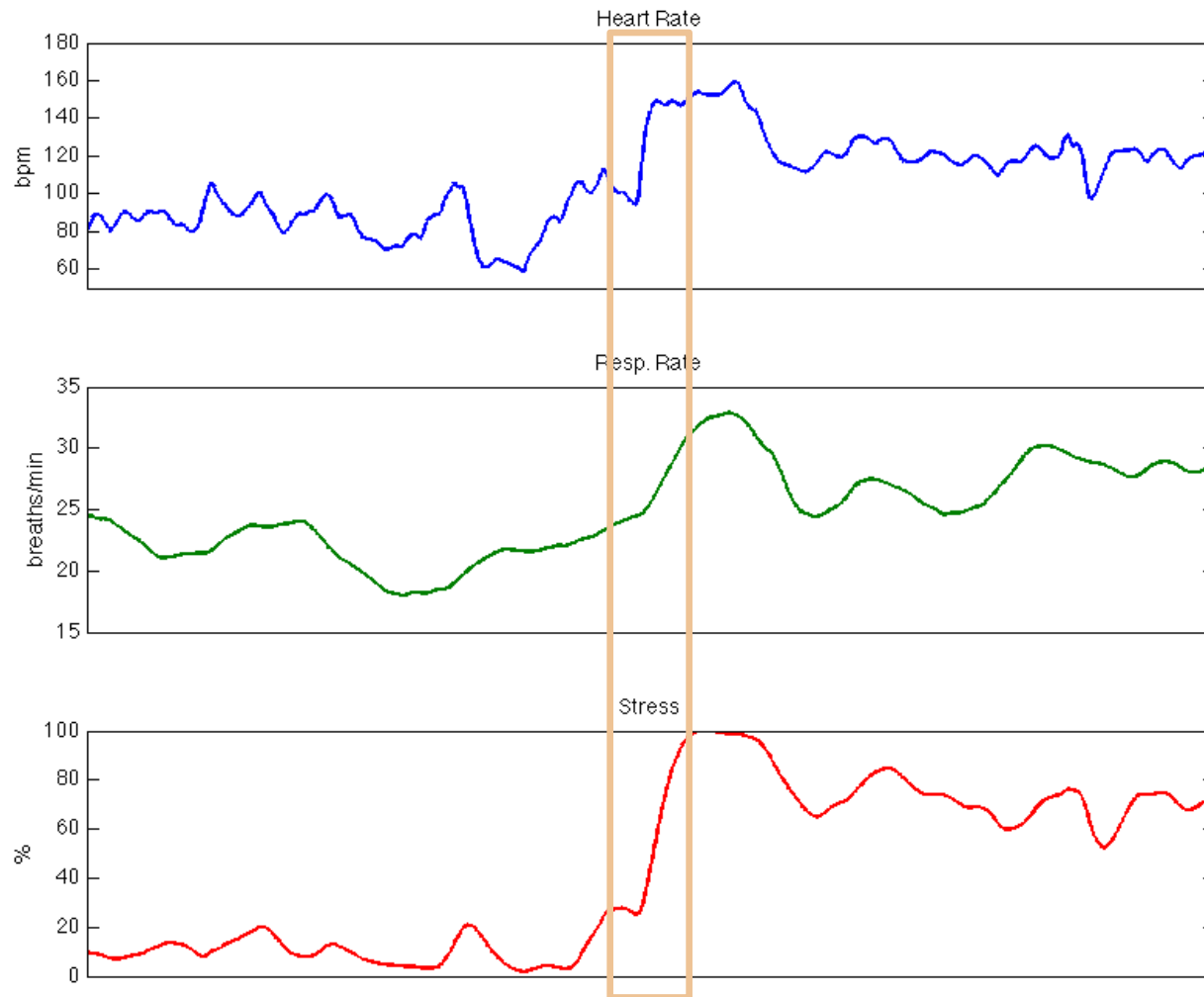


Dang it!!



- 10 or 12 cars have just gone by!!
- I am angry at myself
- I need to tell the team what happened
- Yikes! I know my stress is spiking

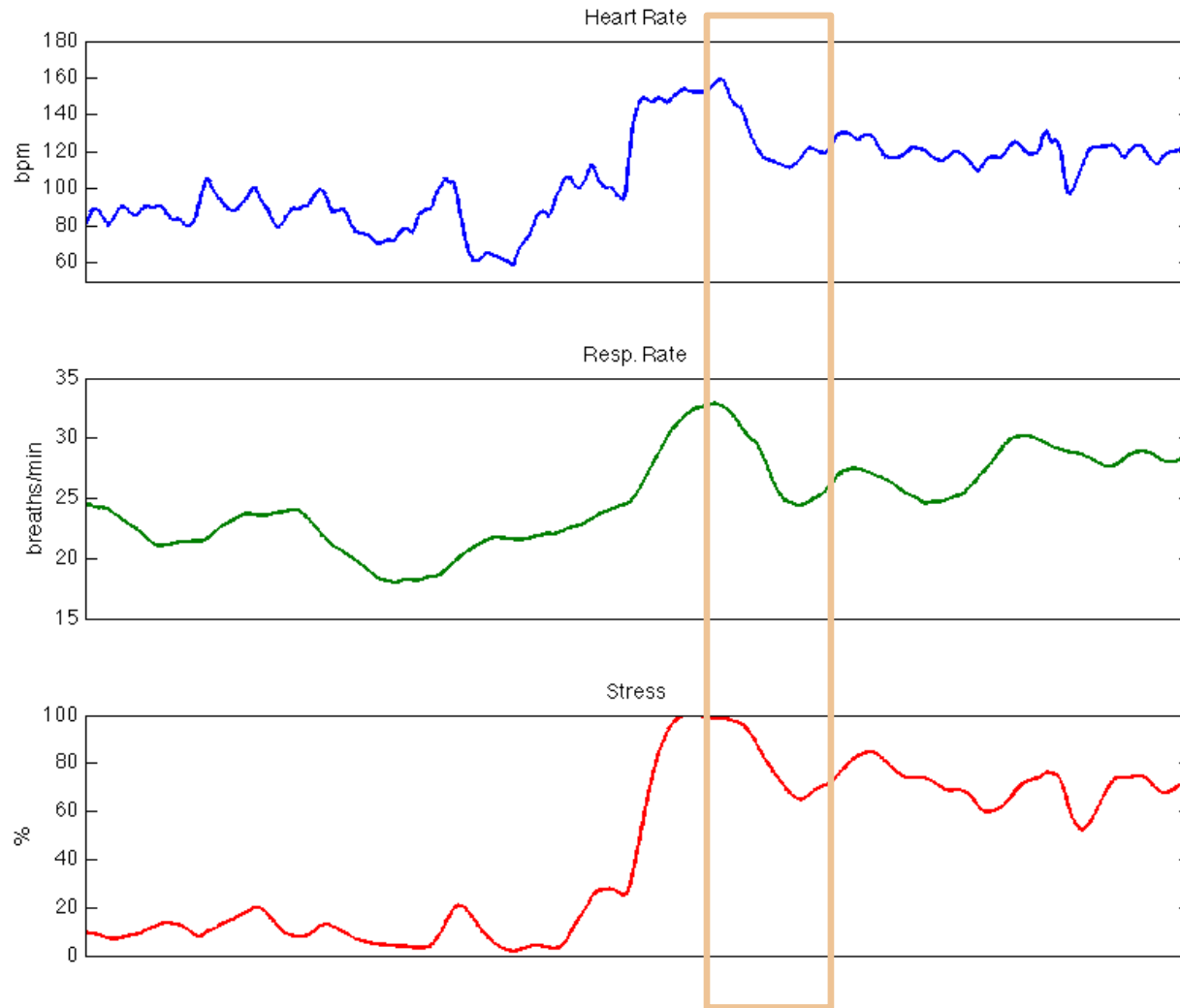
Heart Rate, Respiration and Stress Spike!



Calm down – Think!

- I know I am stressed
- Use that knowledge
- Slow my breathing
- Clear my mind of the mistake
- Think of what to do at the Start

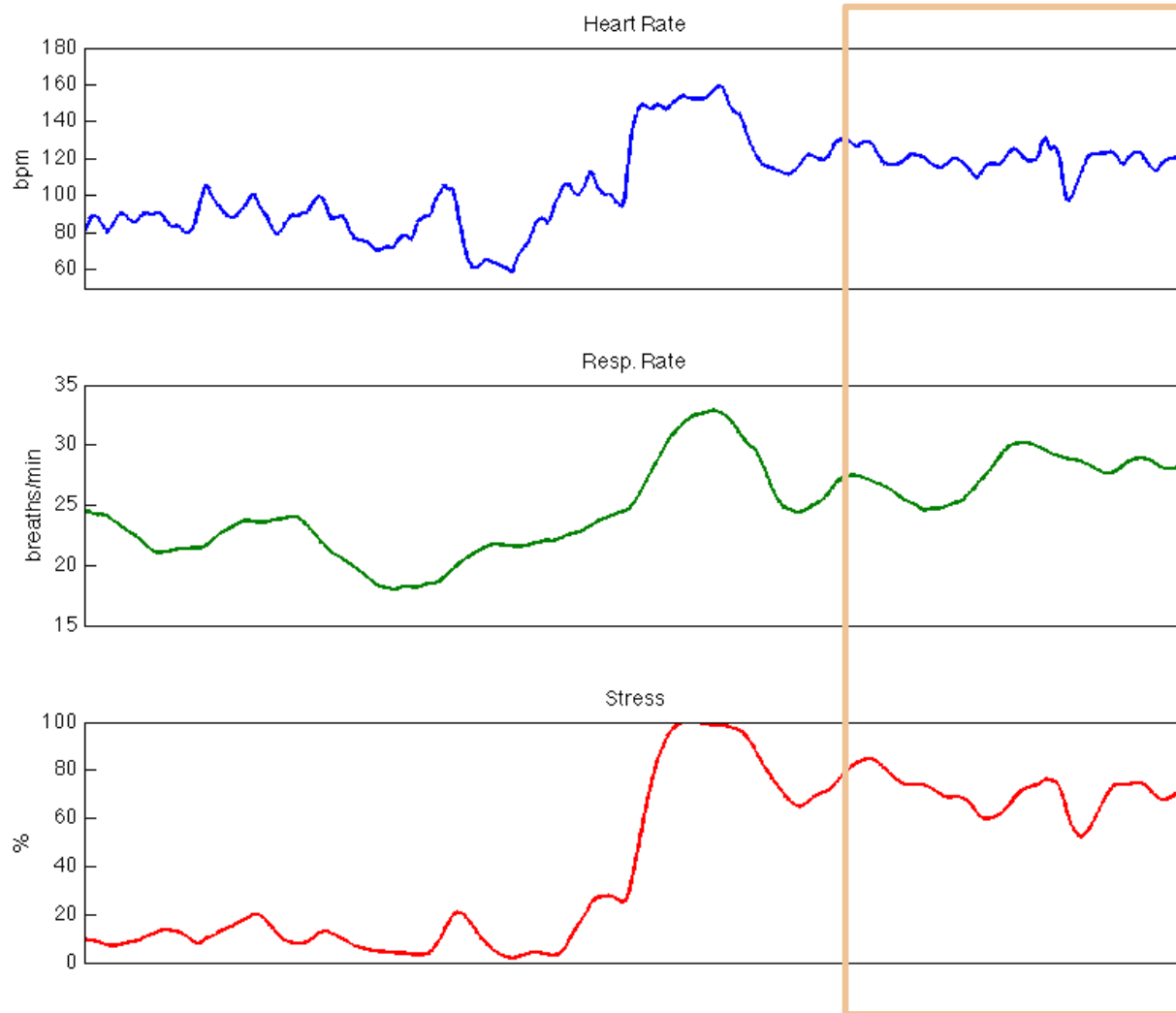
Mental / Physical Recovery



The Start



The Start and early race

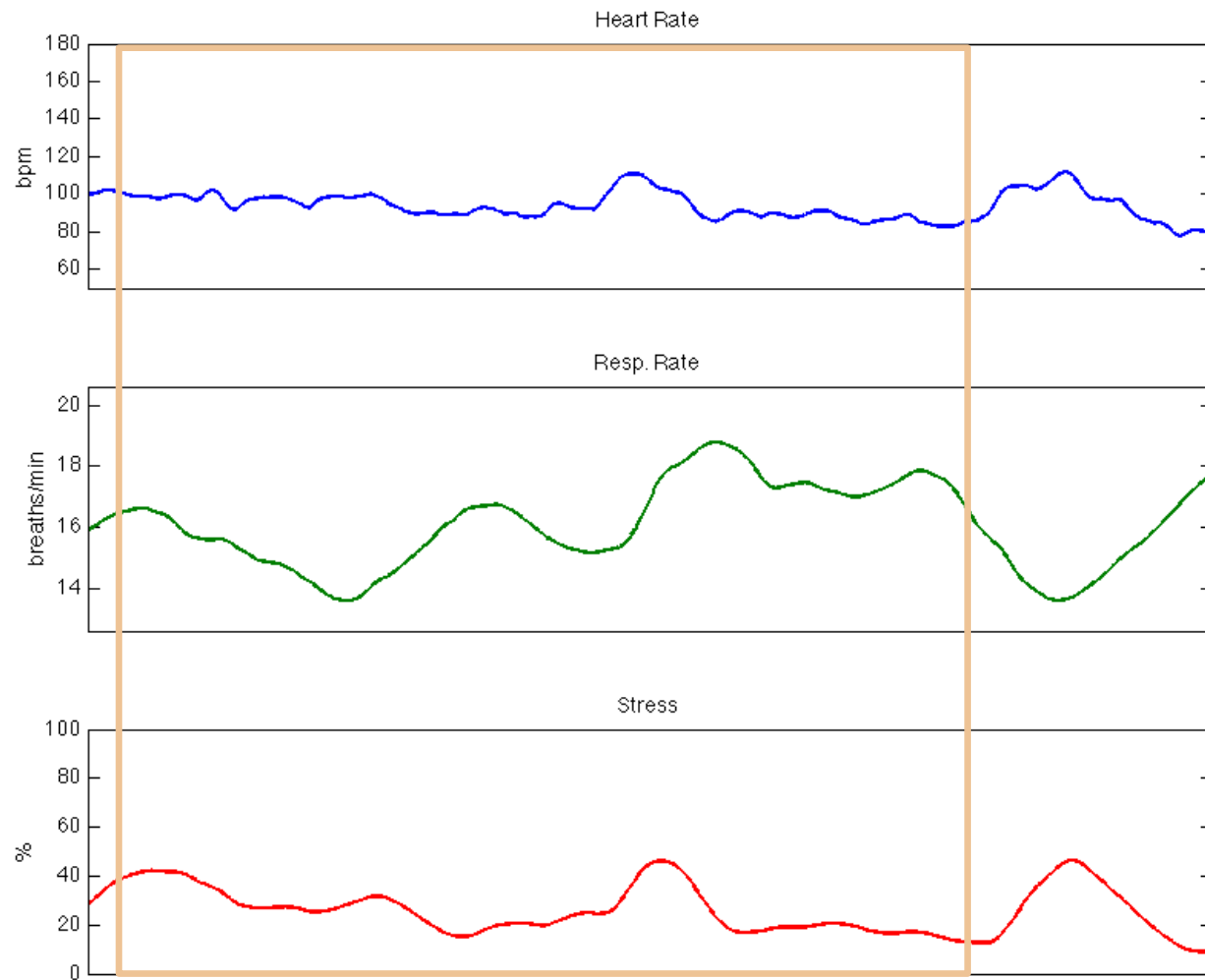


In Pursuit of the 'Zone'

- Ok, I've had a good start
- I need to relax and have fun
- Be patient, listen to my Team
- Just drive and let the car do its job
- Soon I am in the 'zone' and along for the ride



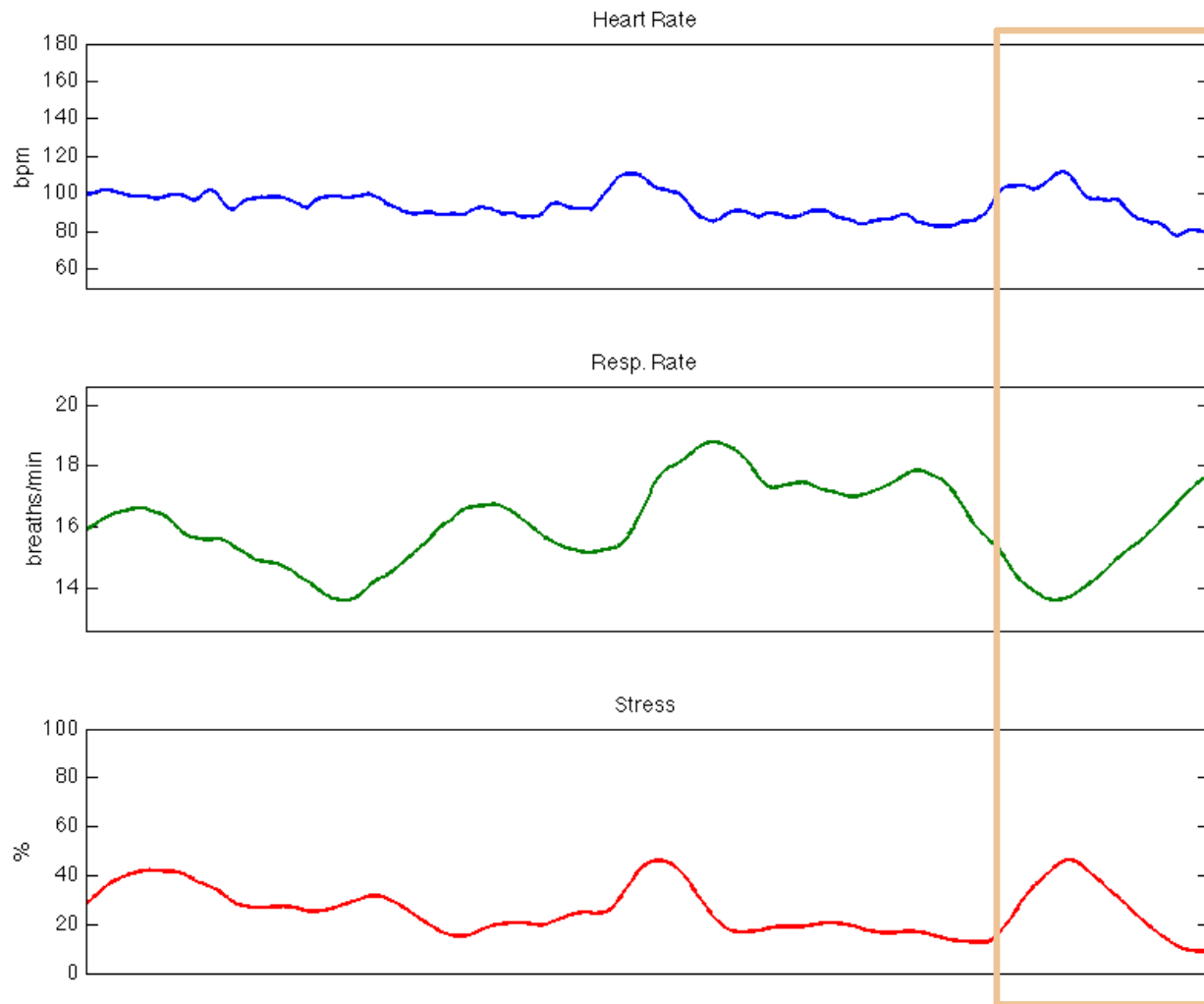
In the Zone – driving to the front



Victory!



The Finish: Elation / Relief



Its been a good season

- With the help of tools we've:
- Won 10 of 15 races
- Won 2 Championships
- Are ready for the ultimate endurance monster -

The 25 hrs of Thunderhill

Lessons Learned

- Data provides insights to help performance
- Although mistakes happen, we can correct for them if we understand our bodies
- Calm and focus = better results
- Winning is good

Transfer to Everyday Life

- Life can be stressful and challenging
 - Work
 - Relationships
 - Illness
- The emergence of tools can help us modify behaviors

Know more, know sooner, respond faster

Thank You QS!

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