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Break that wall

August 22, 2014 4 min read Opinions expressed by entrepreneurs co-workers are their own. Extraordinary performance is only due to an extraordinary experience, so how you feel at work determines how productive you are – or not. Getting a silo in the cabin is great if you don't like people (and great for others if you're that guy), but research has shown that cabins do little to improve employee morale. In fact, the cabin effect can actually lead to lower levels of trust and communication on the simple fact that interaction between people is limited. The theory of social exchange states that the more often people interact with each other, the greater the potential for trust to build between them. Duh. So why are offices still the choice of most offices? Related: Designing a better office space The design of the office should be reminiscent of the personalities and values of the people who work there. If you believe in openness and transparency, then the plan on the open floor is a ticket, but if employees need privacy in matters of security, then one large, single space is not to be done. Below are some of the latest office layouts that help (or hinder) productivity: Open floor. When retired Gen. Stanley McChrystal was head of the Joint Special Operations Command (JSOC), he created a common, open working environment that brought together various civilian and government agencies. This common space actually forced communication between groups that would otherwise stick to information. As a result, the constant exchange of knowledge required an average of 18 JSOC missions per month in 2004 to more than 300 in 2008. While numerous studies aim to highlight open office spaces as detrimental to the productivity and health of employees, research does not show how mentally and emotionally engaged people are in their work. If, for example, I find my work boring or unquestionable, then surely, my focus will probably be elsewhere, too. However, if you get caught being turned away from the task at hand then there may be everyone else that is the problem. Unassigned place. Instead of going back to the same place every day, unchecked places can actually encourage cross-pollination because people don't feel obliged to go back to the same place. Of course, humans are habitual beings, so it requires a joint effort to avoid repetition and look for something new. Related: Is the company with the best break room to win? Terrible cabin. There's a reason why thinking about boxing conjures up images of an Office Space movie with a boring vibe that has per penetrated the entire culture. Nothing screams horribly like a typical cabin layout. The benefits of cab space are more privacy and - theoretically - more productivity because you're less prone to interference. However, the reverse side of these benefits is the the flow of ideas, i.e. the dissemination of information through the network. Of course, of course, personalize your space, but at the end of the day it's still a cabin. Individual office. Ahh, a characteristic feature of social net worth. Chances are that if you have your own office, it's because the powers that you are (i.e. your boss) wanted to devote a quiet place to work because he or she expects more from you. Or maybe it's because you just put your time in, and your personal office is part of the sophistication package. I compare having an individual office with a splitter between officers and enlisted SEAL teams. Up to a point, both officers and those taken to work, train, eat, travel and fight together until one day the officer hits a 12-year rating in his career. At this point, one of two things happens: staying in the military and making a career for himself, or going out because he doesn't want to play politics. Individual offices are similar to playing politics because they (probably) had politicking to get there. I'm not saying it's bad, it's just the nature of the game. However, personal office should not be a decisive element of power - the foundations of leadership, such as character and competence. Related: Office Design Strategies From the Guy Who Invented Twitter Headquarters Time and Breakfast Content make it perhaps the most important meal of the day. Whether it contains soup in Vietnam, biscotti in Italy or scrambled eggs in the United States, breakfast changes your body after a night's sleep, giving us energy and nutrients to face the day. Research suggests that eating breakfast regularly is associated with good health — and meal time, as well as what's in it, matters. Eating the first thing As we sleep, the chemicals in our body are at work digesting food from the previous night. In the morning we are ready to break the post after the episode of not eating. Blood sugar (glucose) levels need to power our muscles and brains are usually low when we wake up and breakfast helps replenish it. But if we miss the first meal of the day, notes Dr. David S. Ludwig, a nutrition expert at Harvard-affiliated Children's Hospital Boston, we can start tapping our energy reserves - including what's stored in our muscles. In addition to feeling tired, the lack of breakfast can increase the temptation to reach for an unhealthy pick-me-up snack later and overeat at all. The whole system becomes stressed, Ludwig explained in an interview. Skipping breakfast throws out the normal circadian rhythm of fasting and feeding. Breakfast is the worst time to skip a meal. For this reason, eating even a small amount within an hour after waking up is a good idea. Refueling in the morning can be especially important for children and adolescents whose metabolic needs are relatively greater than adults. In this one limited respect, all these breakfast cereal ads may be right. However, many American children and teenagers do not eat breakfast. Health research it has been shown that 20% of American children and 32% of adolescents usually do not eat in the morning. The unhealthy pattern is not limited to the United States or children and adolescents. A review of two dozen studies showed that between 1.7% and 30% of the population in several developed countries, including the United States, do not eat breakfast regularly. Correlation or causation? Studies have linked regular breakfast eating with everything from increased memory and concentration to lower levels of bad LDL cholesterol to reducing the risk of obesity, diabetes, and heart disease. However, it is difficult to prove that breakfast is directly responsible for all these beneficial effects. The case may be that breakfast eaters tend to have a healthier lifestyle, so it may not be breakfast itself, but rather a healthier life generally that deserves credit. What's more, a large number of breakfast tests are based on people reporting what they ate, which may not be entirely accurate. Plus, some studies have been sponsored in whole or in part by companies that make eating breakfast, so the pro-breakfast result seems a foregone conclusion. But despite all these problems, the amount of research suggesting that breakfast has health benefits ends up being quite compelling. Many studies have focused on weight control, and researchers have found that breakfast eaters are on average thinner than breakfast captians. Introducing protein and fiber into the stomach is the first thing you can limit your appetite for the rest of the day. An interesting study published in 2010 in The American Journal of Clinical Nutrition examined the breakfast patterns of several thousand Australians in 1985, when they were children, and then about 20 years later when they were adults. Study participants who reported skipping breakfast as both children and adults were heavier and had higher waists, higher LDL cholesterol, and a less healthy diet than those who reported eating breakfast in both cases in their lifetime. But breakfast doesn't necessarily get us started on the weight loss path. In 2011, German researchers reported that breakfast size matters: people in their study who ate large breakfasts took in more, not fewer calories, every day. Overweight people, politely advised, should consider a smaller breakfast if they want to trim their calories. Breakfast cereals can be a nutritious and easy way to start the day, but choosing one can be stunningly difficult, even with nutrition labels at your fingertips. A typical suburban supermarket stocks about 130 varieties of cold cereals in its main cereal pass, plus another 50 instant and for cooking hot cereals. Many boxes and bags tout nutritional values and nod promises like whole guaranteed grain, a good source of vitamin D and simply nutritious. Some of them depend on bright colors and cartoon characters. Breakfast cereals are packaged foods that are most heavily sold to children, according to published in 2010 in the Journal of Public Health Policy. Researchers reported that in 2007, the average American child saw about 758 cereal ads on television. Why not reach for the original breakfast cereals in America, Kellogg's cornflakes? Each serving has a reasonable 2 grams of sugars and only 100 calories. But wait: it is made of refined grain, so it provides little dietary fiber (1 gram) and is considered high glycemia. How about whole grain flakes, such as one of the raisin bran? One serving of the famous version of Post has 8 grams of dietary fiber, which is more than the 5-gram threshold for high dietary fiber used by Consumer Reports to evaluate cereals. But the serving also contains 19 grams (about 4.5 teaspoons) of sugars. That's more than what you get in Dunkin' Donuts glazed donuts or some of the chocolate-flavored cereals sold to kids. The search for fibrous grain could attract a shopper to General Mills's Wheat Chex. It has 5 grams of dietary fiber per serving, but also 5 grams of sugar and 300 milligrams of sodium, which is more than a few other healthy cereals out there. Porridge encouragement with nutritional virtue. The downside is that it takes five to 30 minutes to cook a non-instant kind that beats one of the main goals of breakfast cereals: getting a meal on the table quickly before school or work. Many stores have a separate section of natural food that can have more cereals with whole grains as the main ingredient, but even there, you have to be on the lookout for added sugars. Especially with children, it helps to be creative. To grow bland cereals with low sugar content, you can decorate it with a small amount of sweeter cereals. You can also keep your balance by mixing several brands. Supplementing the mixture with fresh fruit adds dietary value to the meal. Another suggestion: do some homework online before going to the store. Companies publish nutritional information about their products on their websites. Nonindustria resources include the Glycemic Index Foundation (www.glycemicindex.com), Cereal FACTS (Food Advertising to Children and Teens Score) (www.cerealfacts.org) and the Harvard School of Public Health's Nutrition Source (www.hsph.harvard.edu/nutritionsource). Going with (whole) grains Dr. Ludwig and other nutritionists say a good breakfast should include some carbohydrates with fiber (whole grains, fruits, or vegetables), some sources of lean protein, such as eggs or yogurt (Greek yogurt has more protein than regular ones), and some healthy fats such as those in nuts or salmon. A vegetable omelette with a slice of wholegrain toast qualifies as a good breakfast, as does a bowl of high-

fiber cereals with the addition of fresh fruit and milk reduced in fat or soy, along with a handful of almonds or walnuts. Carbohydrates often get a bad rap in diet books, but they belong in a good breakfast. They have been marked as based on the sugar molecules they contain. Contain. The way they are classed is their effect on blood sugar levels: foods with high glycaemic indexes get quickly digested and cause blood sugar levels to rise, causing very high insulin release to get them back down. Bagels, pastries and sweet cereals tend to have a medium to high glycemic index. Some studies show that foods with high glycemia end up making people hungry earlier. And high glycaemic diets have been correlated with an increased risk of diabetes, heart disease, weight gain, and other conditions that no one wants. Wholegrain foods allow you to carbohydrate and keep your breakfast glycemic index down. In addition to moderation of blood sugar spikes, whole grains provide vitamins, minerals, healthy fats, dietary fiber, plant enzymes, and other potentially valuable substances, many of which get edified during refining processes that make grains easier to digest and store. You don't have to look very hard to find epidemiological evidence for whole grains about protective effects against obesity, constipation, type 2 diabetes, and heart disease. 8 tips for breakfast 1. Carefully read food labels. Look for information about portion sizes, calories and nutrients. For cereal products, select products from whole wheat, oats, rye or other whole grains listed first in the ingredients. 2. Get to know your coffee drink. For example, the 16-ounce White Chocolate Mocha at Starbucks contains 470 calories, 12 grams of unhealthy saturated fat, and 59 grams of sugars, compared to just five calories and no fat or sugars (but more caffeine) in a cup of black coffee. 3. Make processed meat, such as bacon and sausage, a very occasional treat. Processed meat was associated with a higher risk of colorectal cancer, heart disease, and type 2 diabetes. 4. Take carbohydrates from whole grains, fruits and vegetables, not from foods that have been highly processed. 5. Eggs in moderation (up to one day) are fine for healthy people. Although egg yolks are high in cholesterol, eggs have proteins, vitamins, and other nutrients and do not seem to increase the risk of developing heart disease. 6. Go easy on fruit juice. The whole fruit is often a better choice because it tends to have more fiber. 7. Eat, not outside. You can enjoy a healthy breakfast if you stick to oatmeal or yogurt (preferably fat-free and unsas sweet). But many of the traditional dishes (eggs and bacon, pancakes) will start the day with lots of calories and saturated fat. Like most processed foods, breakfast deals from fast-food chains tend to be high-sodium, low-fiber disaster. McDonald's Egg McMuffin has 300 calories (not bad), but 820 mg of sodium (36% of the daily limit, according to new government guidelines) and only 2 grams of fiber. 8. breakfast cocktail. A little home processing is fine. You can combine fruits, juice, yogurt, wheat germ, tofu and other ingredients. Many recipes can be found on the Internet. Disclaimer: As a service to our readers, readers, Health Publishing provides access to our archived content library. Pay attention to the date of the last review or update of all articles. No content on this site, regardless of date, should ever be used as a substitute for direct medical advice from a doctor or other qualified physician. Doctor.

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