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
Eat less
Exercise More
Get Plenty of Rest
Reduce your stress
I am a Type A...
How to Achieve One’s Goals

- Modify Behaviors
- Lead a Balanced Life
- Be Focused
- Learn from Data
- Use Tools
Case Study...  Race to Win

2\textsuperscript{nd} place is the 1\textsuperscript{st} 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

<table>
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<tr>
<th>Biometric Measurements</th>
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<td>Single Lead ECG</td>
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<td>Heart Rate</td>
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<td>Heart Rate Variability</td>
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<td>Respiratory Rate</td>
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<td>Skin Temperature</td>
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<td>Steps</td>
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<td>Fall Detection / Severity</td>
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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
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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