



# HOOK\_HEALTH\_ALTER();



Me Albert Volkman

Email [albert.volkman@mediacurrent.com](mailto:albert.volkman@mediacurrent.com)

Drupal.org <http://drupal.org/user/429502>



**WE ALL HAVE DREAMS, I KNOW I DO!**



# CASE 'EXERCISE':

```
diff --git a/CHANGELOG.txt b/CHANGELOG.txt
index fa1fd02..c0f6048 100644
--- a/CHANGELOG.txt
+++ b/CHANGELOG.txt
@@ -1,5 +1,5 @@
```

```
-Do You Even Lift?
+Hulk
```



DO YOU  
EVEN  
LIFT

# GOING TO THE GYM

- Personal trainer (actually affordable)
- We pay, so we go
- Consistent
- Short, focused

# RUNNING

- Simple activity
- Minimal investment; I don't have to drive to the gym, I just put on shoes and go
- Trackable with Runkeeper or other apps

# STANDING DESK

- Humans weren't designed to sit
- Instant passive exercise
- 10,000 steps

# FIND AN ACTIVITY YOU ENJOY

- Don't like running? Don't run.  
Love kayaking? Kayak.
- Find something you look forward to,  
and you'll make time for it
- ...Consistency

# CASE 'DIET':

```
diff --git a/CHANGELOG.txt b/CHANGELOG.txt
index fa1fd02..c0f6048 100644
--- a/CHANGELOG.txt
+++ b/CHANGELOG.txt
@@ -1,5 +1,5 @@
```

```
-Sugars, GMOs
+Organics
```



# NO CAFFEINE

- Shocking, I know
- Balanced energy throughout the day
- Caffeine drinks normally include sugar, which has the same effect as cocaine
- Swiss water decaffeinated
- Drink lots of water

# SNACKING WITH PURPOSE

- Helps maintain blood-sugar level
- Breaks up the day into 2 hour chunks (breakfast, snack, lunch, snack, dinner)
- Healthy snack examples

# LOCAL, ORGANICS

- Tastes better
- Quality of food
- More nutrients
- Sustainable

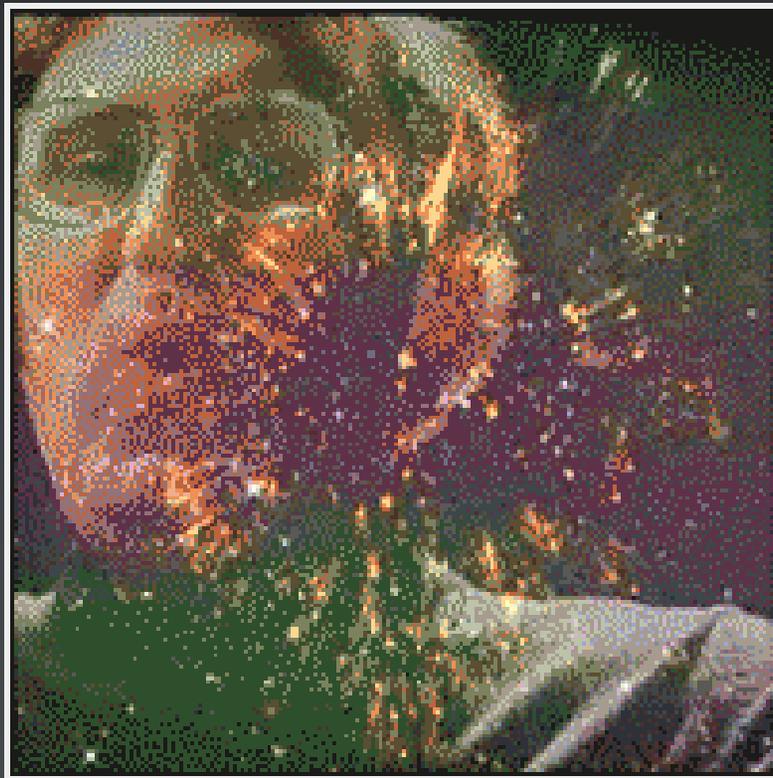
# AWARENESS

- "Shop the perimeter"
- What to look for in what you're buying
- Gluten, soy, GMO's, etc.
- Anti-perspirants, shampoos
- Get a wife like mine :)

# CASE 'MENTAL':

```
diff --git a/CHANGELOG.txt b/CHANGELOG.txt
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--- a/CHANGELOG.txt
+++ b/CHANGELOG.txt
@@ -1,5 +1,5 @@
```

```
-Television
+Books
```



# CLEAR DEFINITIONS OF WORK / RELAX

- Step away from the computer
- Change your physical position
- Work hard, play hard
- Activities away from the computer

# BE CAREFUL OF THE INTERNET BLACKHOLE

- The benefits of YouTube's "Watch Later"
- Bookmark links
- Keep Google Reader / Feedly closed
- Social sites... perhaps during lunch

# IMPORTANCE OF SINGLE TASKING

- As I've gotten older, running multiple tasks allows for errors
- Migrations and long running tasks, okay; otherwise, no for me

# DRUPAL CONTRIBUTIONS

- Mediacurrent allots time for contributions
- Good, productive alternative for spending free time
- Pay it forward to yourself

# CASE 'LEADERSHIP':

```
diff --git a/CHANGELOG.txt b/CHANGELOG.txt
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--- a/CHANGELOG.txt
+++ b/CHANGELOG.txt
@@ -1,5 +1,5 @@
```

-Following  
+Leading



# ROLE MODEL

- Great opportunity to help others
- Build leadership skills

# INITIATIVES AT YOUR COMPANY

- RunKeeper street team
- Support each other
- Set goals, challenges
- Local opportunities, corporate 5Ks

# UPCOMING CHALLENGES



*“There is no `hook_grave_alter()`, use `hook_health_alter()` instead.”*

-- Andrew M Riley



# RESOURCES

- <http://groups.drupal.org/drupal-fit>
- <http://www.wheatbellyblog.com/2013/02/is-gluten-on-the-increase/>
- <http://www.fatsickandnearlydead.com/>
- [http://www.huffingtonpost.com/chris-kresser/sitting-health\\_b\\_2897289.html](http://www.huffingtonpost.com/chris-kresser/sitting-health_b_2897289.html)
- <http://blog.matrixresources.com/blog/wellness-workplace>
- <http://quantifiedself.com/>
- <http://www.eatfeelfresh.com/2012/04/sugar-as-addictive-as-cocaine-says.html>