

In Columbus Batistes

THE HEALTHY HEART DOC



Disclosures

Columbus Batiste, MD, FACC, FSCAI No relationships to disclose



Kobe Bryant's Defining Moment

1997 Airball Game

Kobe shoots four airballs in crucial playoff moments against Utah Jazz.

The Legacy

This moment shapes his legendary work ethic and Mamba Mentality.

The Response

Instead of crumbling, Bryant uses failure as motivation to improve.



The Stress Response

Remember: Stress = Demands - Resources



Threat Perception

Brain interprets demands as exceeding available resources.



Physical Response

Heart races. Breathing quickens. Muscles tense.



Negative Self-Talk

"I don't have what it takes" thoughts overwhelm performance capacity.

Understanding Stress



The Stress Response



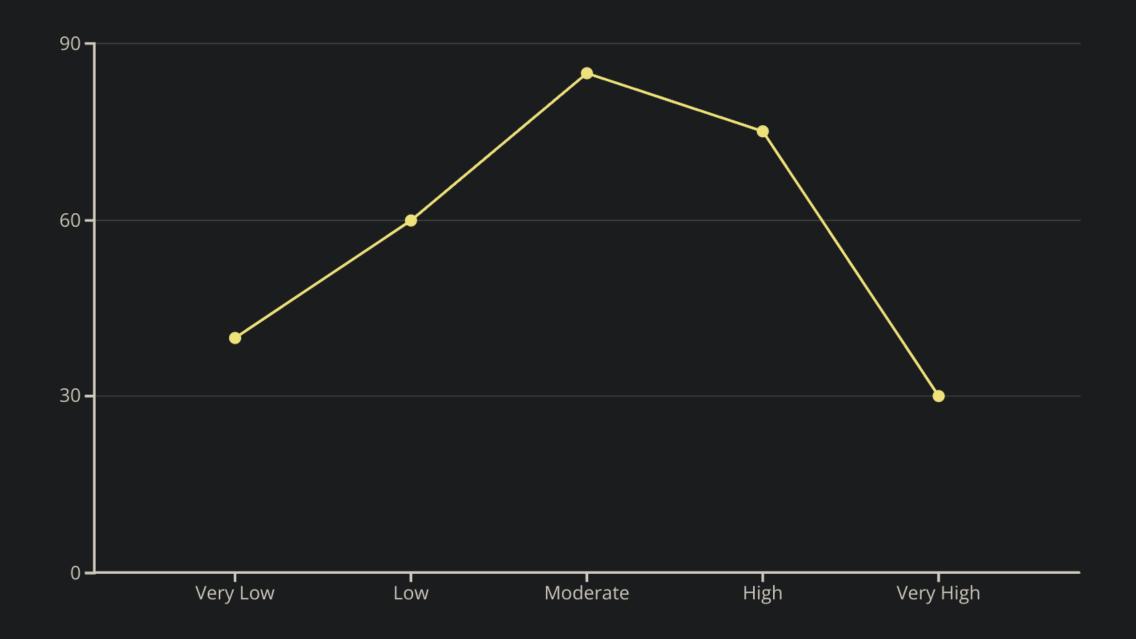
Physiological Changes

Increased heart rate, blood pressure, and stress hormones

Performance Impact

Can either enhance or impair athletic

Stress and Athletic Performance



Stress and Sedentary Behavior



Chronic Stress

Elevated cortisol and other stress hormones persist in the body.



Reduced Motivation

Stress depletes willpower and increases comfort-seeking behaviors.



Emotional Eating

Stress triggers cravings for high-calorie, low-nutrient foods.



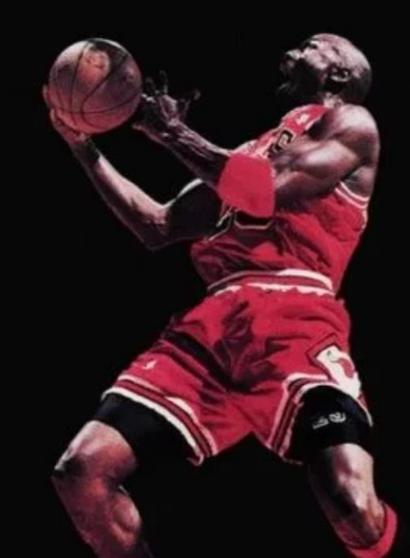
Negative Cycle

Sedentary behavior increases stress, creating a harmful loop.





To be successful you have to be selfish, or else you never achieve.....





Get Selfish: The Relationship Between Self*ish* Principles and Exercise

by Columbus Batiste, MD, FACC, FSCAI

The Selfish Principles

Spirituality

Exercise

Love

Food

Intimacy

Sleep

Humor



Somutaality



Spirituality Defined

Phil Jackson transformed the Lakers by integrating Zen principles into basketball.

Team Meditation

Jackson led pregame mindfulness sessions to enhance focus and team connection.

Sacred Texts

He gave Kobe "The Way of the Peaceful Warrior" to develop mental resilience.

Mindful Leadership

The "Zen Master" emphasized present-moment awareness over emotional reactivity.

Spirituality Defined

Definition

Spirituality is the individual or collective search for meaning, purpose, and direction in life.

It's often characterized by a sense of connection to something greater than oneself.

Components

- Sense of purpose
- Mindfulness practices
- Connection to others
- Transcendent experiences



Mindfulness and Athletic Performance

23%

17%

31%

Performance Boost

Average improvement in focus-dependent tasks after mindfulness training

Stress Reduction

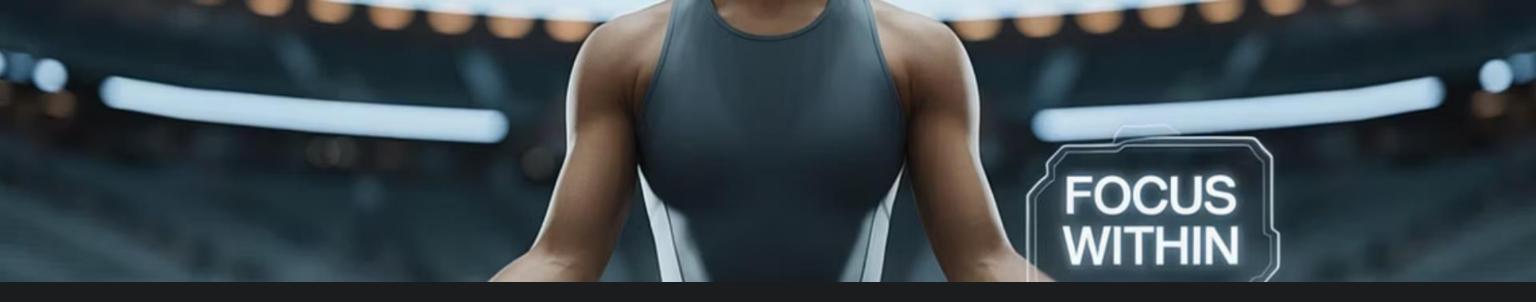
Decrease in competition anxiety with regular meditation practice

Recovery Enhancement

Faster perceived recovery in athletes using mindfulness techniques

LeBron James: Mindfulness in Action





Mindfulness-Based Interventions (MBIs)

Endurance

MBIs help athletes push through discomfort by observing sensations without judgment.

Cognitive Performance

Decision-making under pressure improves with mindfulness training.

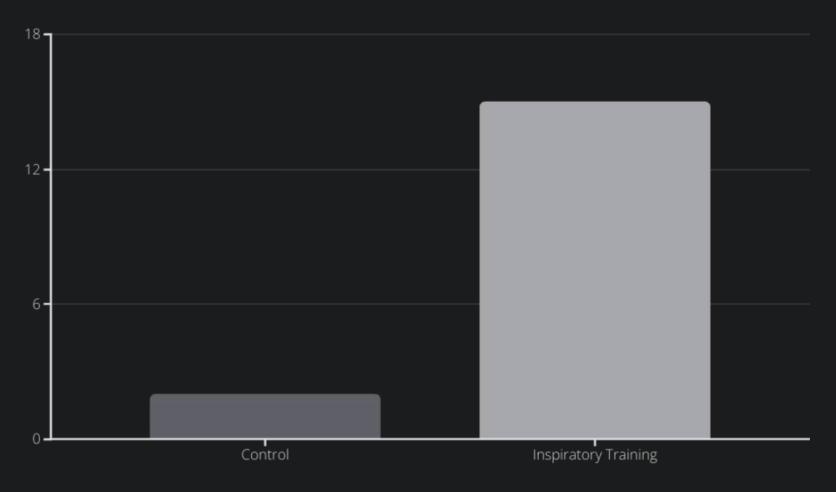
Concentration

Regular mindfulness practice strengthens attention and reduces distractibility.

Recovery

Mindful body scanning accelerates perceived recovery between training sessions.

The Science of Breathwork



Runners who practiced inspiratory muscle training daily for four weeks covered significantly more distance than the control group.



Spirituality and Exercise: Bidirectional Benefits



Mindfulness Practice

Enhances focus and body awareness.



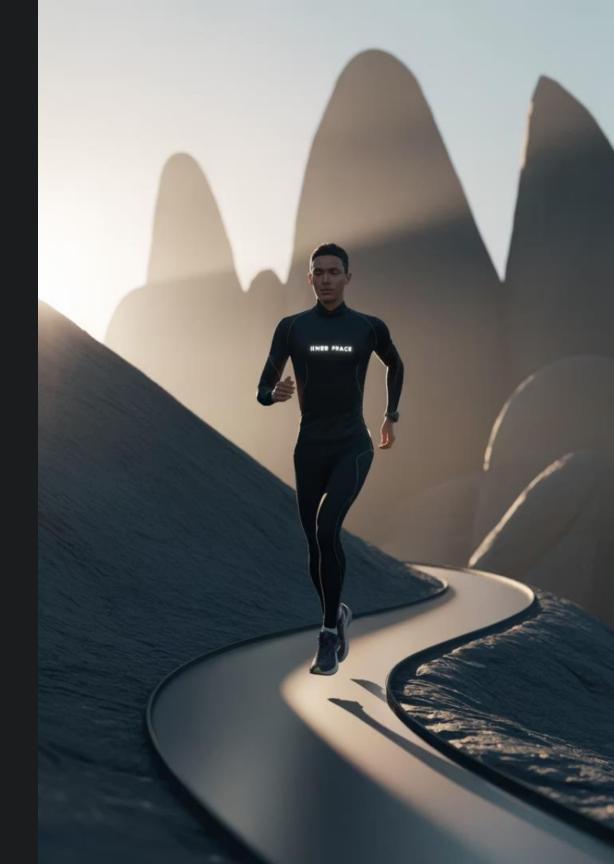
Regular Exercise

Creates flow states and transcendent experiences.



Enhanced Performance

Both physical and mental capabilities improve.





Purpose and Athletic Performance



Goal Clarity

Athletes with clear purpose show greater persistence through challenges.



Team Connection

Sense of belonging enhances motivation and commitment to training.



Transcendent Goals

Performance improves when connected to something beyond personal achievement.

Exercise



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Kobe's Mamba Mentality

"I have self-doubt. I have insecurity. I have fear of failure... we all do. But I don't capitulate to it. I embrace it."

Mamba Mentality is not the absence of fear or doubt; it's the belief that you can overcome them.

Challenge vs. Threat Response

Challenge Response

- Perceive demands as opportunities
- Efficient cardiovascular response
- Enhanced focus and performance
- Faster recovery

Threat Response

- Perceive demands as dangers
- Constricted blood vessels
- Impaired decision-making
- Prolonged recovery

The Power of Belief

Stanford Hotel Study

Hotel room attendants who learned their work counted as exercise showed health improvements.

Mind-Body Connection

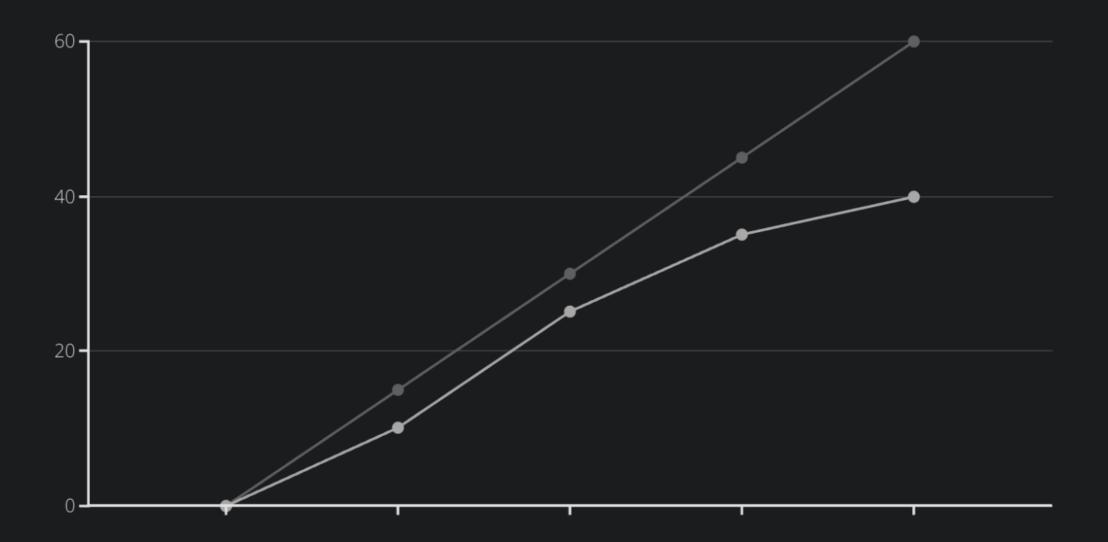
No behavior changes occurred—only their beliefs about their activities changed.

—— Measurable Changes

Weight loss, lower blood pressure, and improved body composition occurred.



Exercise and Stress Reduction



Exercise Duration (minutes) | Cortisol Reduction (%)

What Happens To Stress With Exercise

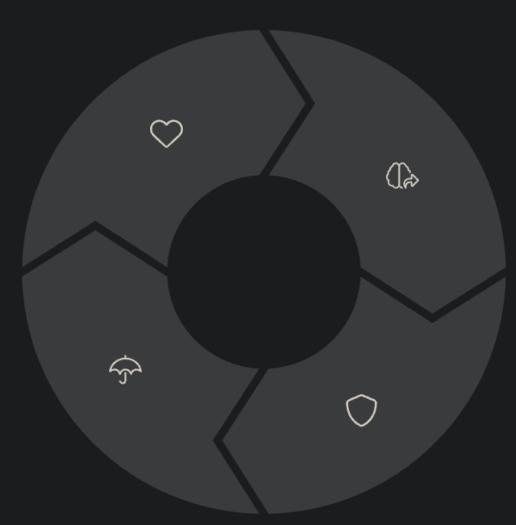
Exercise creates a powerful positive feedback loop that transforms how our bodies respond to stress. This cycle shows the key physiological mechanisms:

Acute Stress Response

Exercise temporarily increases cortisol and adrenaline, creating controlled physiological stress.

Physiological Adaptation

Regular training improves stress hormone regulation and lowers baseline cortisol levels.



Neurochemical Release

Physical activity triggers endorphins, serotonin and BDNF production, promoting mood elevation.

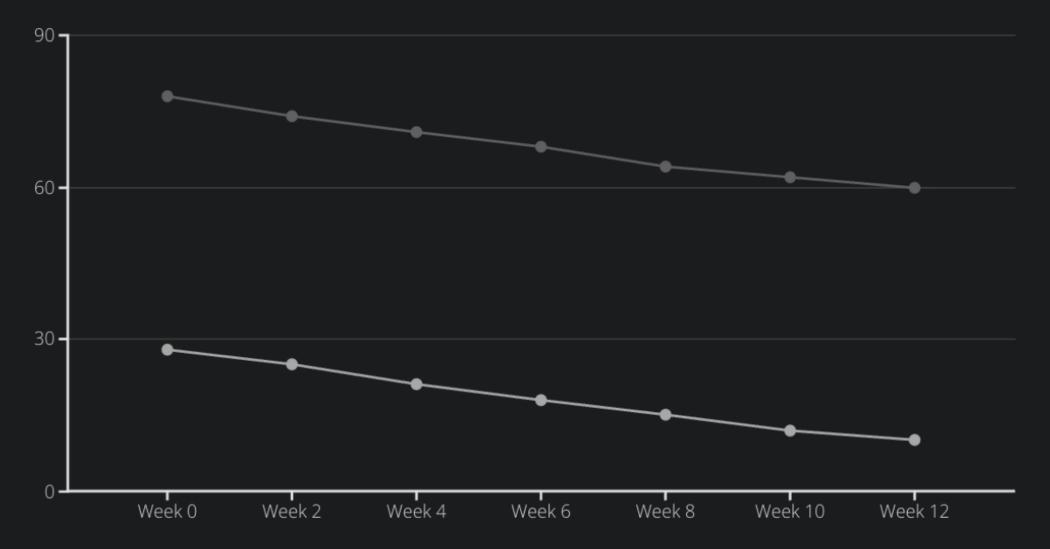
Stress Resilience

Enhanced vagal tone and autonomic nervous system balance create faster recovery from stressors.

This physiological cycle explains why athletes often report feeling more mentally calm and resilient after consistent training regimens.

Perceived Stress & Exercise

Regular exercise dramatically transforms how our cardiovascular system responds to stress over time.

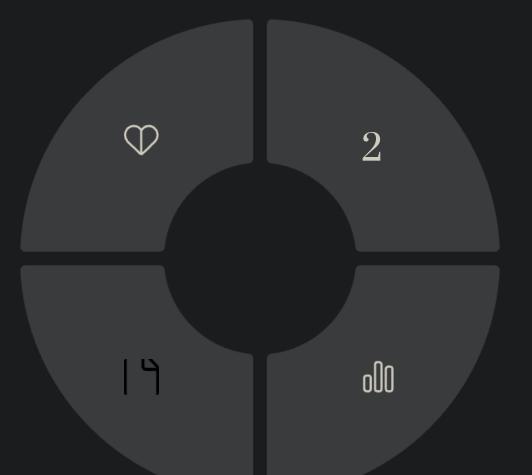


This chart illustrates how consistent exercise lowers both resting heart rate and perceived stress levels. The decrease in heart rate reflects improved cardiac efficiency, while stress reduction continues well beyond physical adaptations.

What Happens to the Heart With Exercise

Increased Cardiac Output

Heart pumps more blood per minute during activity.



Lower Resting Heart Rate

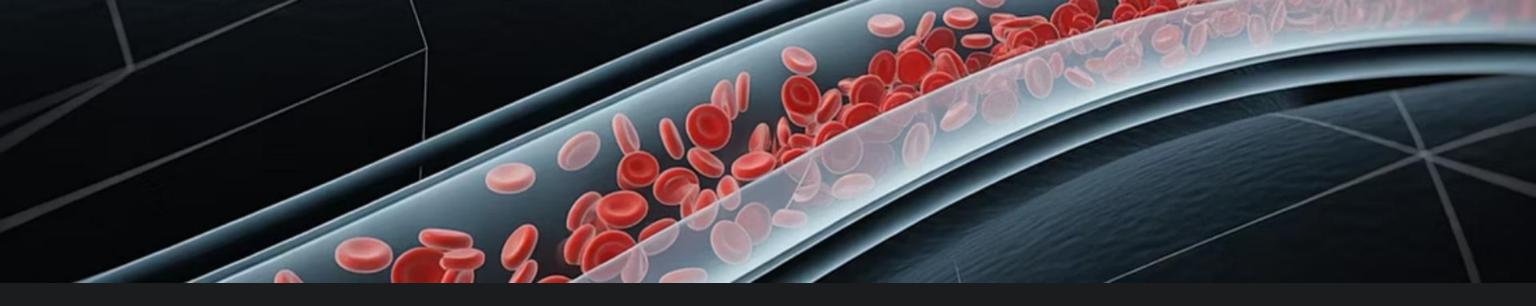
Heart becomes more efficient, requiring fewer beats.

Left Ventricle Hypertrophy

Heart muscle strengthens and chamber enlarges.

Improved Heart Rate Recovery

Heart rate returns to baseline faster after exertion.



Vascular Benefits of Exercise



Enhanced Endothelial Function

Blood vessels become more responsive and elastic.



Increased Nitric Oxide

More of this vasodilator is produced, improving blood flow.



Collateral Vessel Formation

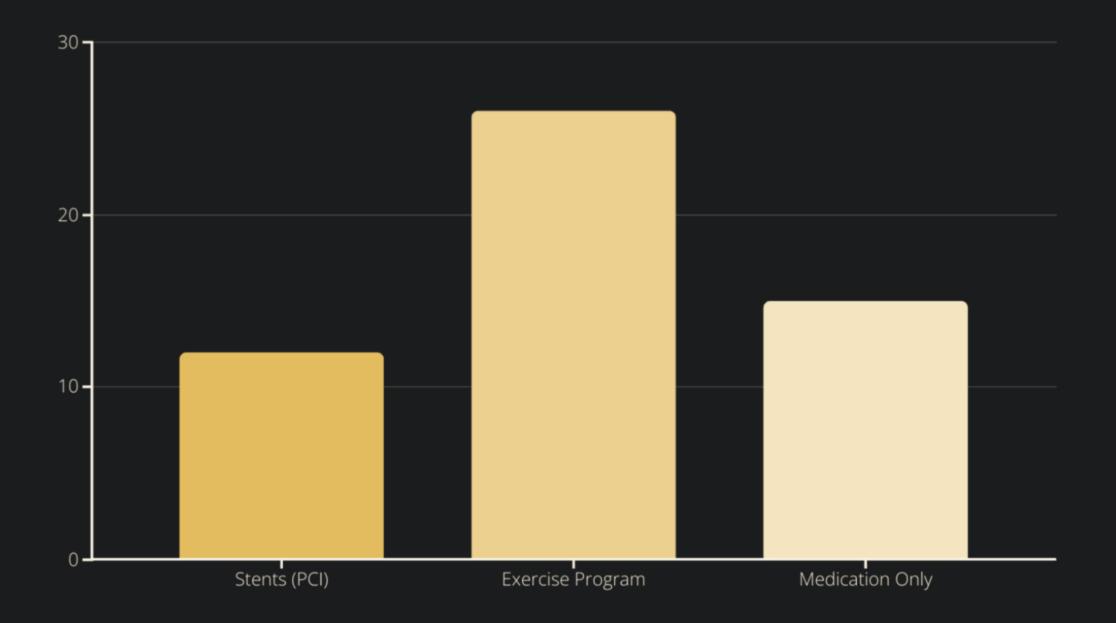
New blood vessels develop, creating alternate circulation routes.



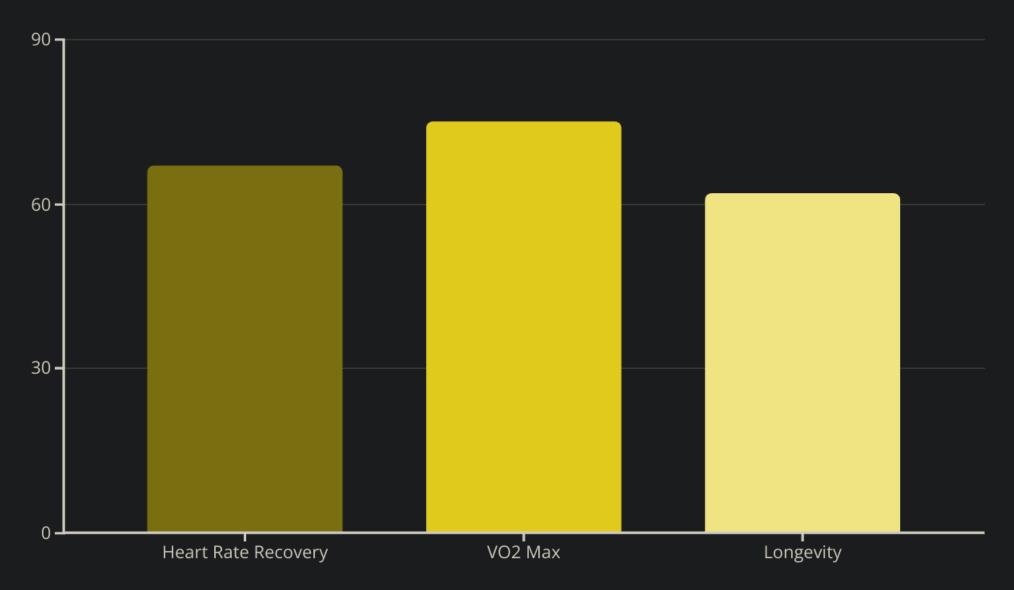
Reduced Inflammation

Exercise lowers inflammatory markers in blood vessel walls.

Exercise vs. Medical Interventions



Exercise and Cardiovascular Health



This chart shows percentage improvements in key cardiovascular markers for individuals who engage in regular exercise compared to sedentary controls:

¹ LCirculation Research. 2015;117:207-219.

Exercise vs. Medical Interventions

9

Heart Attack Prevention

Regular exercise reduces risk by up to 50%. It strengthens cardiac muscle and improves circulation.



Diabetes Management

Physical activity improves insulin sensitivity by 20-65%. It helps maintain healthy blood glucose levels.



Blood Pressure Control

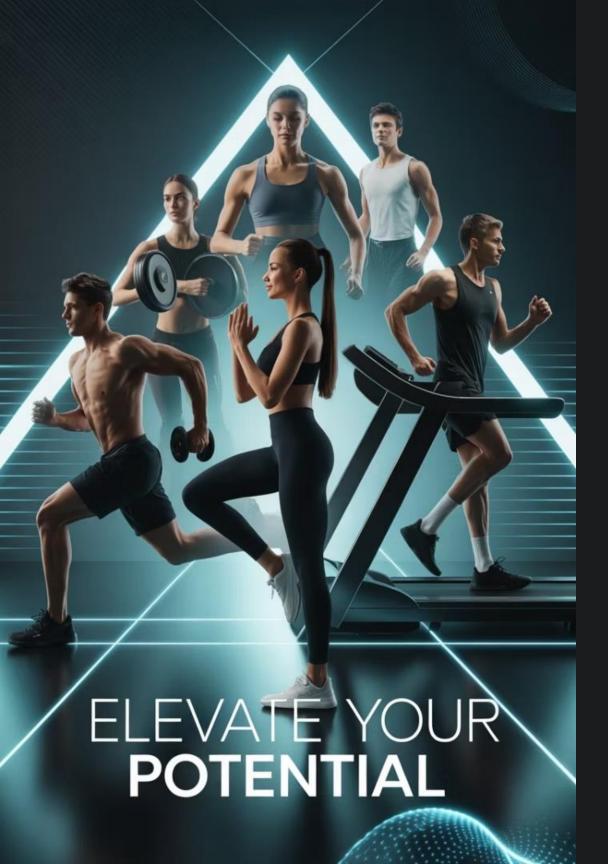
Exercise can lower systolic pressure by 5-8 mmHg.
Effects are comparable to some medications.



Increased Longevity

Just 150 minutes weekly adds 3-5 years to lifespan. It reduces all-cause mortality by 30%.

Research shows consistent exercise can be as effective as many medications. For some conditions, physical activity provides benefits that pharmaceuticals cannot match.



Exercise Recommendations

150

Minutes Per Week

Moderate-intensity
aerobic activity
recommended for
adults

75

Minutes Per Week

Vigorous-intensity
aerobic activity as an
alternative

2+

Days Per Week

Strength training for all major muscle groups

Kobe's Mamba Mentality

Transitioning from spirituality to exercise, we find the ultimate embodiment of physical dedication.



Mental Fortitude



Relentless Drive

Bryant's 4am workouts demonstrated how exercise builds psychological resilience. The Mamba Mentality combined spiritual clarity with physical commitment.



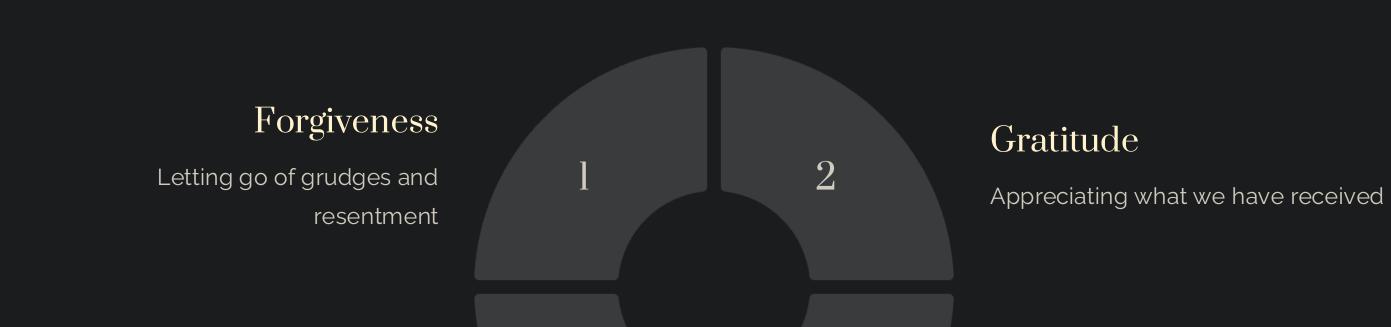
Competitive Edge

His exercise regimen wasn't just physical—it was a meditation in motion.



Love

Love as a Verb





Giving to others without expectation

Practice

Consistently choosing these actions

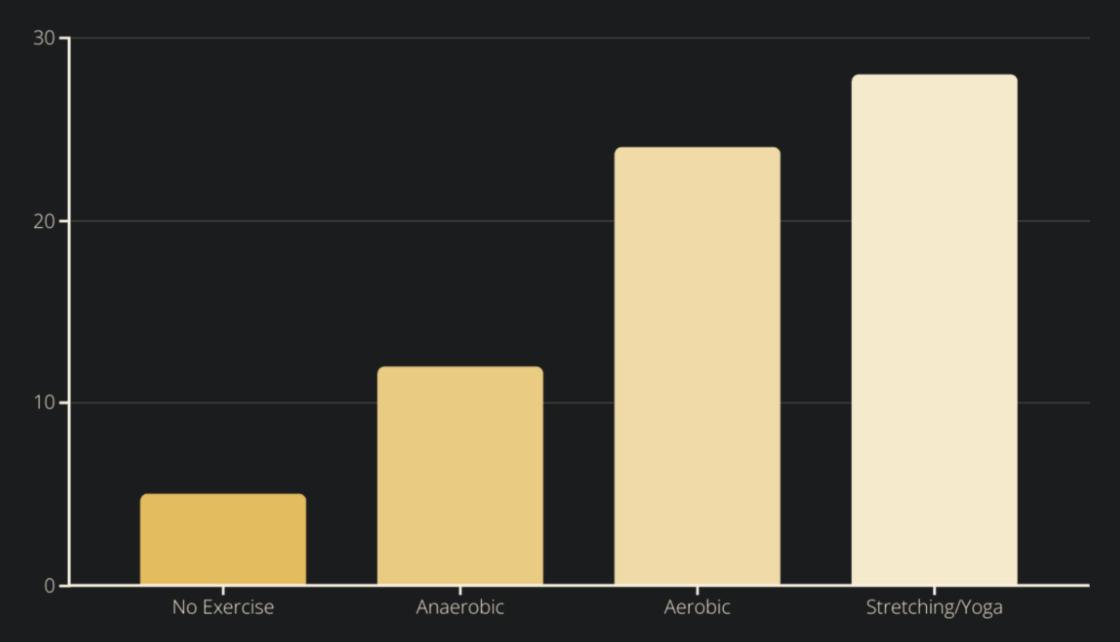
Magic Johnson and Isaiah Thomas



on national television.



Exercise and Forgiveness



Research shows aerobic exercise and stretching are particularly effective for letting go of grudges.¹

Gratitude and Exercise

Bidirectional Relationship

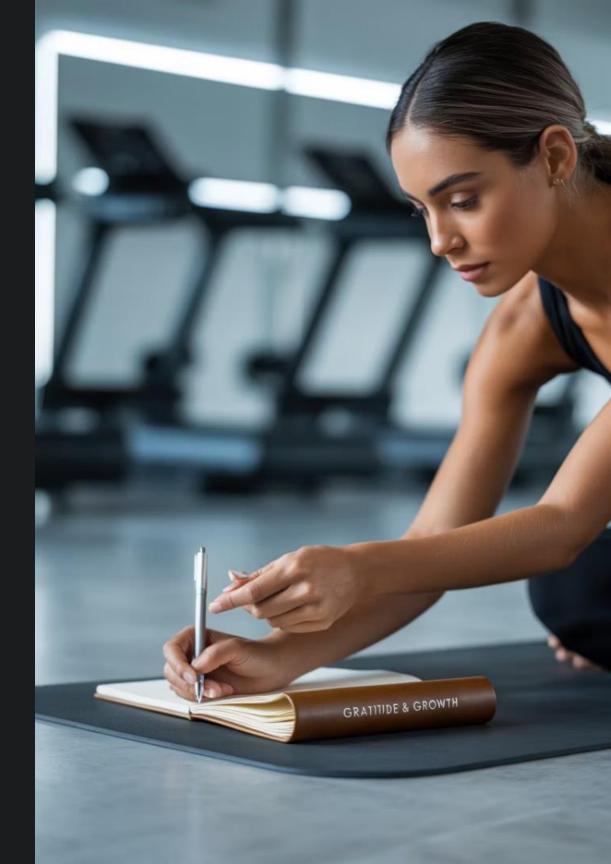
Grateful people exercise more, and exercise increases feelings of gratitude.¹

Health Benefits

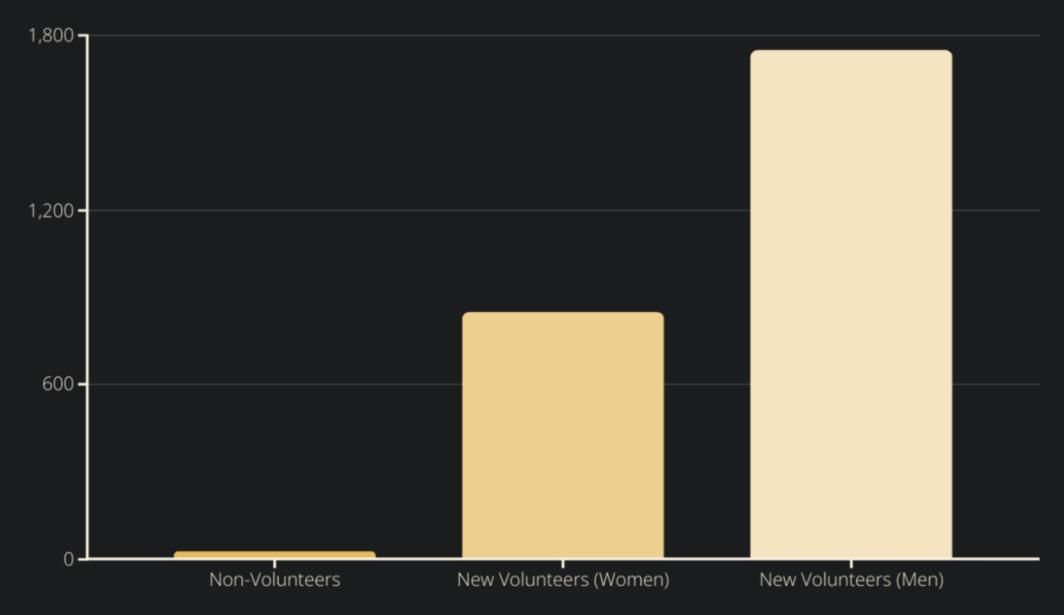
Study found grateful exercisers reported fewer aches and pains than non-grateful counterparts.²

Motivation Boost

Gratitude practice increases likelihood of maintaining exercise routines.3



Volunteering and Physical Activity



Starting volunteer work significantly increased physical activity, especially in men.

Food



Kobe on Nutrition

"A diet that's bad for your overall health can't be good for your performance."



THREE FOUR







Before going plant based

- Houston Rockers 2018-2019
- 15.6 PPG
- 42/36/86%
- 17.0 PPG in playoffs
- 45/27/84%

After going plant based

- 17.0 PPG
- 49/38/92%
- 18.0 PPG in playoffs
- 50/39/90% in playoffs
- Led OKC to playoffs after Russ/PG left
- Led Suns to NBA Finals

Exercise Influences Food Choices



Regular Exercise

Establishes healthy routine and discipline.



Brain Changes

Prefrontal cortex strengthens, improving decision-making.



Better Food Choices

Increased preference for nutritious foods naturally develops.



Plant-Based Performance Foods



Beans & Legumes

Rich in protein and slow-release carbohydrates for sustained energy.



Leafy Greens

High in nitrates that convert to performance-enhancing nitric oxide.

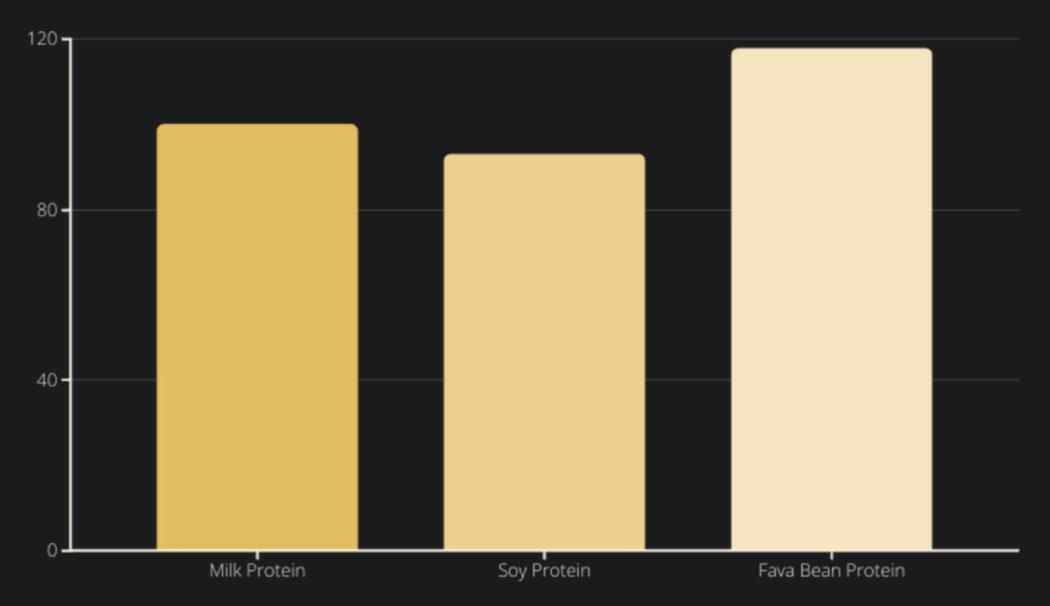


Berries

Packed with antioxidants that speed recovery and reduce inflammation.

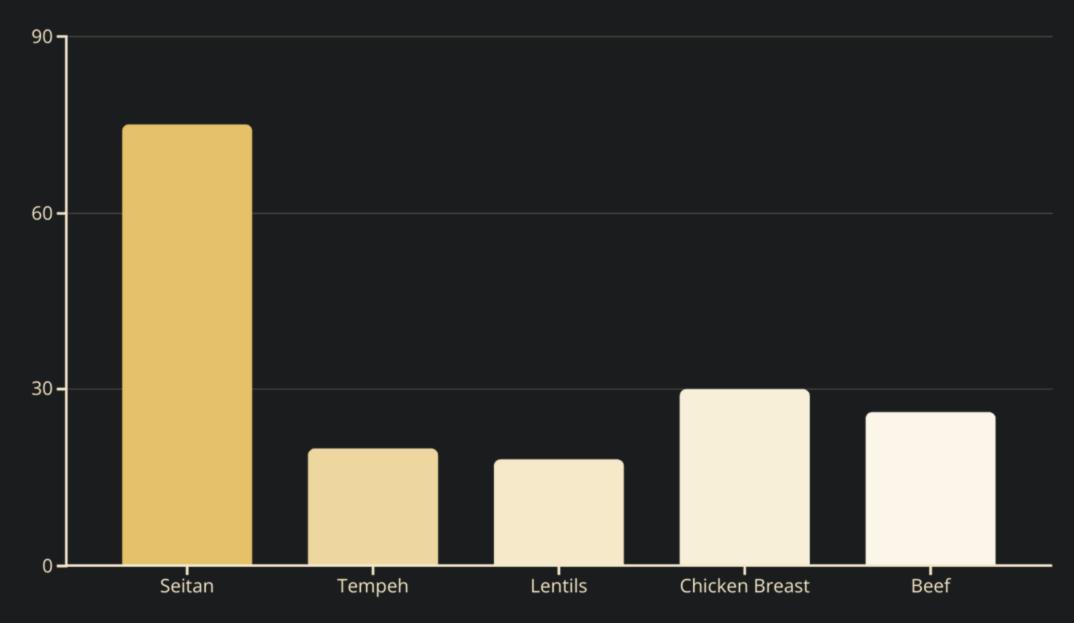
¹ Fuhrman J, Ferreri DM. "Fueling the vegetarian (vegan) athlete." Current Sports Medicine Reports. 2010;9(4):233-241.

Plant Protein and Muscle



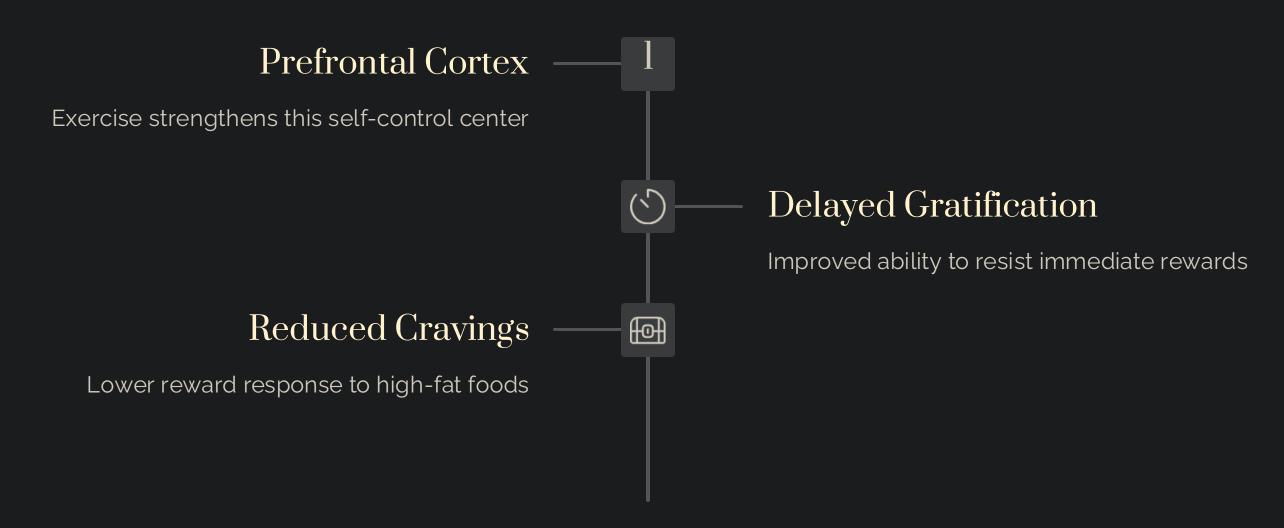
Recent studies show that fava bean protein may outperform milk protein for muscle synthesis.1

Vegan Athletes: Protein Myths



¹Lynch, H., Johnston, C., & Wharton, C. (2021). "Protein content in plant-based vs. animal sources: A comparative analysis." Journal of the International Society of Sports Nutrition, 18(1), 13-21. https://doi.org/10.1186/s12970-021-00412-w

Exercise and Willpower



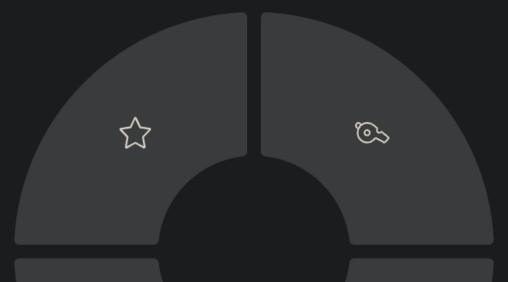
Intimacy



Loneliness in Athletics

Elite Athletes

Often isolated by fame, travel, and competitive pressure.



Coaches

Separated from peers by leadership position and responsibilities.

Retired Athletes

Struggle with identity and connection after career ends.



Team Dynamics

Even within teams, individuals can feel isolated and misunderstood.

Partner Exercise Benefits

26%

Workout Adherence

Increase in exercise consistency with a partner versus solo

33%

Relationship Satisfaction

Improvement in couples who exercise together regularly

19%

Mood Enhancement

Greater mood boost from partner workouts versus individual sessions



Pets and Physical Activity

Dog Walking Benefits

- 150+ minutes of weekly activity
- Consistent daily routine
- Outdoor exposure regardless of weather
- Social interactions with other pet owners

Research Findings

Dog owners are 34% more likely to meet physical activity guidelines than non-owners.¹

Walking dogs creates opportunities for social connection, reducing isolation while increasing steps.

¹ Journal of Physical Activity and Health. 2013;10(5):750-759.

Exercise and Social Connection



Group Classes

Create community through shared experience and mutual encouragement.



Sports Teams

Build deep bonds through collective goals and shared challenges.



Walking Groups

Combine gentle exercise with meaningful conversation and connection.

Sleep



LeBron's Sleep Priority

12 Hours Daily

LeBron aims for 8-10 hours at night plus 2-3 hour nap.

Sleep Environment

Maintains 68-70°F room temperature with no electronics.

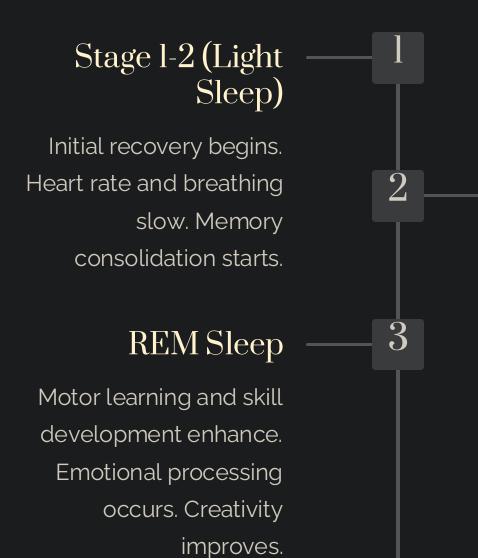
Financial Commitment

Reportedly spends \$1.5 million annually on sleep optimization.

Consistent Schedule

Maintains regular sleep times even during off-season.

Sleep Architecture and Athletic Recovery

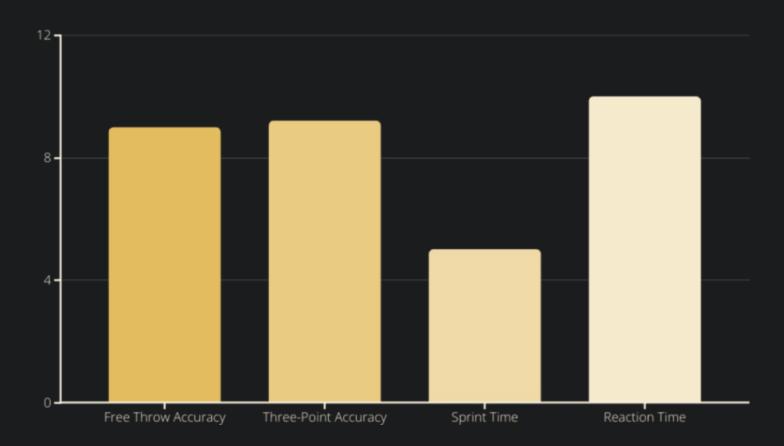


Stage 3-4 (Deep Sleep)

Growth hormone release peaks. Physical restoration occurs. Immune system strengthens.



Sleep and Basketball Performance



Collegiate basketball players who extended sleep to 10 hours showed remarkable improvements.



Sleep Deprivation and Athletic Performance

Reaction Time

Slower responses

Power Output

Reduced strength

3 Decision Making

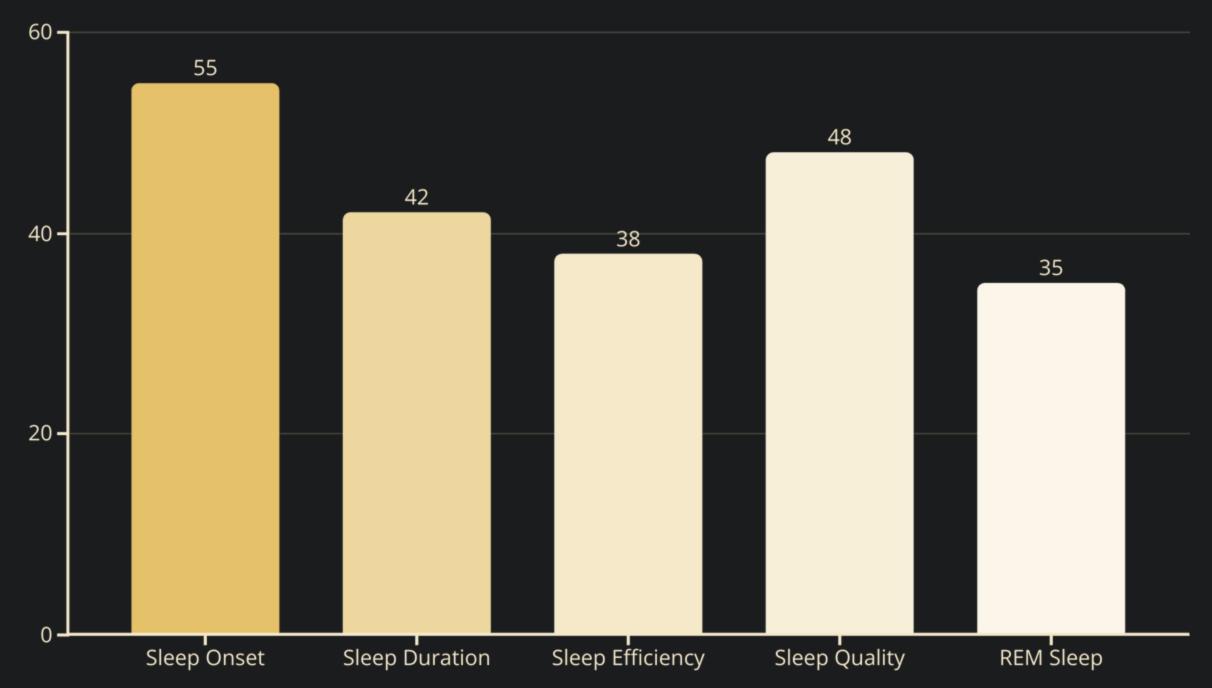
Poor judgment

Injury Risk

Higher accident rate



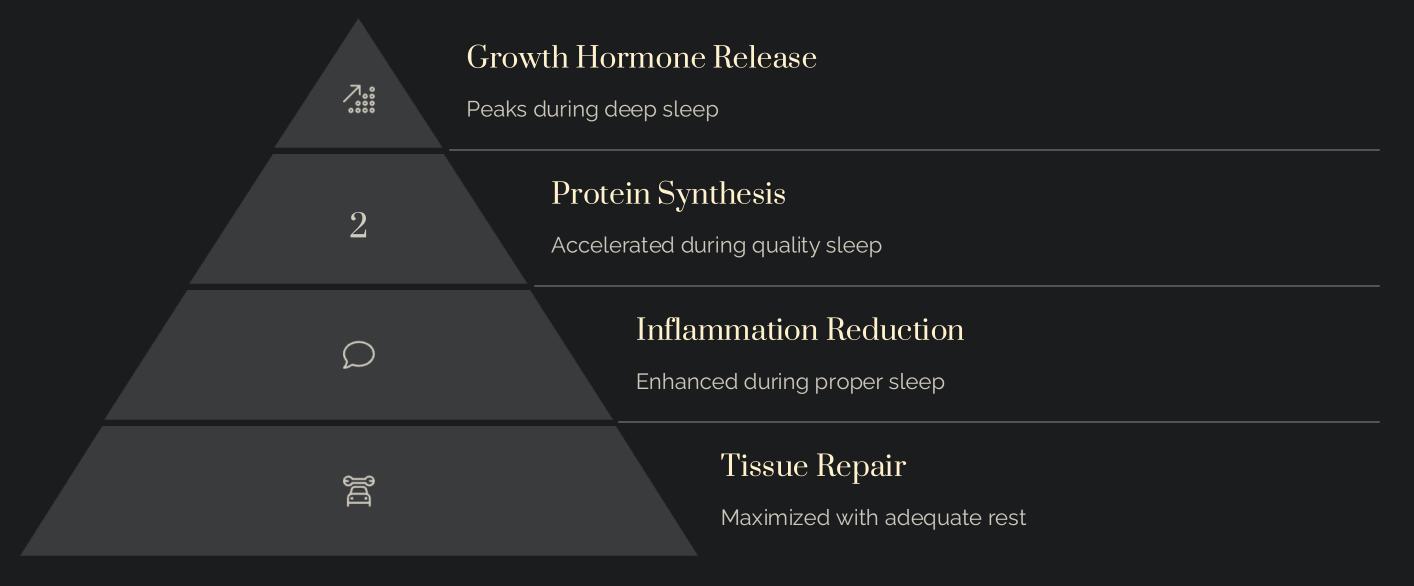
Exercise Improves Sleep Quality



Regular physical activity has been shown to improve multiple aspects of sleep, with the most significant benefits in reducing time to fall asleep and enhancing overall sleep

 $^{^{-1}}$ Kredlow MA, et al. "The effects of physical activity on sleep: a meta-analytic review." Journal of Behavioral Medicine. 2015;38(3):427-449.

Sleep and Muscle Recovery



¹ Dattilo M, et al. "Sleep and muscle recovery: Endocrinological and molecular basis for a new and promising hypothesis." Medical Hypotheses. 2011;77(2):220-222.

Humor



Humor in Athletics: The Winning Edge



Performance Booster

Laughter reduces stress hormones and increases endorphins, enhancing performance.



Recovery Aid

Humor reduces stress that impairs sleep quality, complementing recovery.



Team Cohesion

Shared humor builds stronger bonds among teammates, improving trust and communication.



Mental Resilience

Playfulness helps athletes recover from setbacks and maintain perspective.



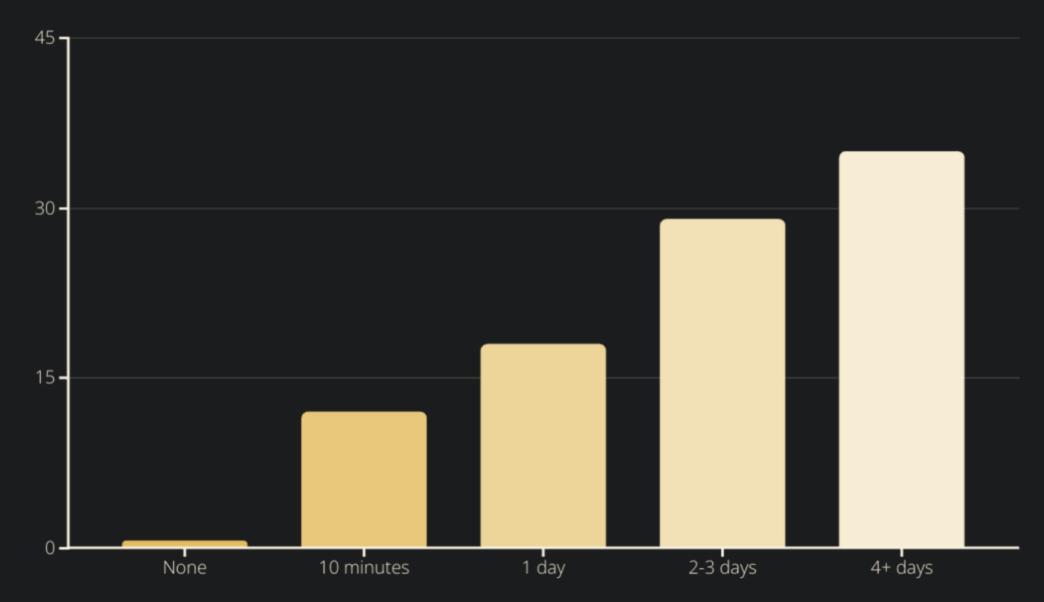
Psychological Edge

Teams that laugh together stay mentally sharp under pressure.

¹ Grisaffe C, et al. "Humor in sports: A review of the literature and applications for sport psychology practitioners." Journal of Sport Psychology in Action. 2017;8(1):13-22.

Exercise and Happiness

Laughing is like running inside your mind.



Laughter Yoga

What Is It?

Combines unconditional laughter with yogic breathing (Pranayama).

Laughter is practiced as a form of exercise, not dependent on humor or jokes.

Benefits

- Reduces cortisol levels
- Increases endorphins
- Improves immune function
- Enhances mood and vigor
- Creates social connection

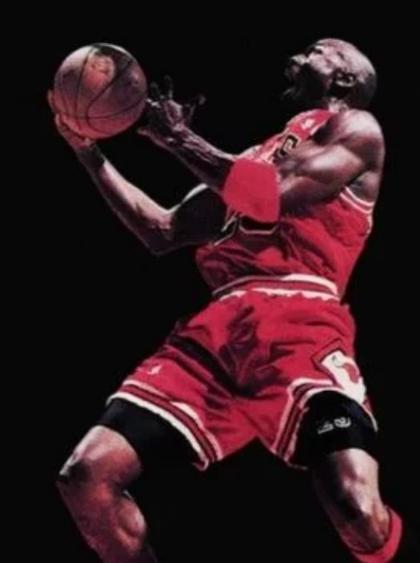
¹ Mora-Ripoll R. "The therapeutic value of laughter in medicine." Alternative Therapies in Health and Medicine. 2010;16(6):56-64.



To be successful you have to be selfish, or else you never achieve. And once you get to your highest level, then you have to be unselfish. Stay reachable. Stay in touch.

Don't isolate.





Kobe Bryant: A Legacy Beyond Basketball

Despite reaching basketball's pinnacle, Kobe Bryant remained grounded and connected. His retirement years revealed his true character beyond the court.



Coached his daughter Gianna's team and mentored young NBA stars like Kyrie Irving, Jayson Tatum, and Devin Booker.

Created the "Wizenard" book series and "Dear Basketball," which won an Academy Award for Best Animated Short Film.



Family First

Prioritized fatherhood and created the Mamba Sports Academy to nurture young athletic talent.

Community Builder

Remained accessible to fans and fellow athletes, building bridges between generations of players.

Bryant's transformation from "selfish" player to selfless leader demonstrated how mastering self-care creates greater capacity for serving others.

Get Selfish