

A DAY IN THE LIFE OF A FIT AND HEALTHY OFFICE PROFESSIONAL

Great Health & Posture Tips

By Leanne Sklavenitis - Online Health & Motivation Coach

So do you have a great day every day– is this you?

Morning – Rise & Stretch

- Do you allow time to get organized in the morning without rushing so you are ready to start your day fresh and calm?

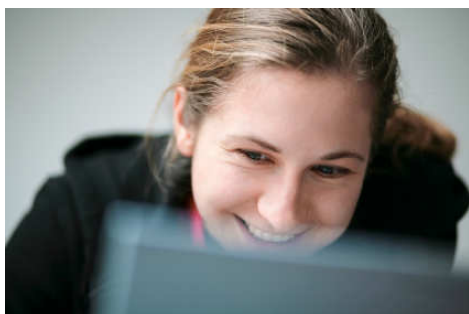
Exercise

Below are just a few of the benefits of exercise – whether it is a morning walk, weight workout or yoga stretches all are beneficial – try to exercise most days.

1. **Exercise improves your mood** – chemicals in the brain are boosted, leaving you happier and more relaxed. Also improves confidence and self esteem and even helps prevent depression.
2. **Exercise combats chronic diseases** – including heart disease, osteoporosis. Regular exercise helps prevent or manage high blood pressure and cholesterol, diabetes and certain types of cancer.
3. **Exercise helps you manage your weight** – You burn calories. The more intense the easier to keep your weight under control. Take the stairs instead of lift, park in furthest car park.
4. **Exercise boosts energy level** – regular activity helps you breathe easier. Physical activity delivers oxygen and nutrients to your tissues. Helps the whole cardiovascular system including heart and blood vessels and lungs.
5. **Exercise promotes better sleep** – Boost your physical activity during the day. A good night sleep helps improve concentration, productivity and mood. Regular exercise helps you fall asleep faster and deeper.

Breakfast – hearty and an absolute must!

- Include some protein including eggs, beans or dairy. Fibre is also important including whole grains, vegetables and fruits, whole grain cereal with low fat milk. Stay away from sugary cereals, syrups, pastries and white bread because they are digested quickly and leave you hungry and tired in a few hours.
- If you don't like breakfast split it into two smaller meals.
- Is your fridge stocked with healthy food items?



Work begins - Whilst at desk

Posture check

- Are your upper arms relaxed?
- Are you sitting straight in your chair?
- Do you change posture at least every 10-15 minutes?
- Do you have to twist to get to your printer?
- Do you type and use telephone simultaneously and if so do you use a headset to help keep neck and shoulders relaxed.
- Sitting on a fitball?

Water

- Do you have a water bottle/large glass on your desk at all times of the day?
- Are you drinking at least 8 glasses a day – more if you are talking constantly?



Lunch & Snacks

Ideas for lunch and snacks throughout the day – grazing is great for metabolism!

- Small can of tuna or salmon in spring water
- Lightly spread muffins and crumpets
- Salad or vegetables
- Chicken
- Fish
- Dried fruit and unsalted nuts
- Natural yoghurt and a teaspoon of honey or Jalna
- Fruit smoothie
- Vegetable sticks with low fat dips
- Fresh or canned fruit
- Vegetable soup
- Low fat carrot or banana cake
- Fresh fruit with yoghurt
- Row of dark chocolate
- Wholemeal wheat biscuits or rice cakes low fat cream cheese
- Water (it is a great idea to have a glass of water before having a snack)

Breaks

- Do you get out of your seat at least every hour?
- Do you look away from your monitor at least every 10-15 minutes?
- Do you relax the muscles in your neck, shoulder and back whilst working especially when busy?

Stress

- Do you have stressful clients?
- Can you perform your tasks effectively and have reasonable and achievable deadlines?
- Can you discuss deadlines that are unrealistic and come up with a solution?
- Is your workplace kept uncluttered?
- Do you take deep breaths throughout the day?

Stretches at your Desk

Here are just a few exercises to help keep you flexible, strong, and more mentally alert. You can do some of them while talking on the phone or typing on your computer. Repeat each 4 to 6 times.

- **Side neck stretches** - Gently lean your head to the right. Return to an erect position. Lean your head left. Always return to a straight position between stretches and never simply rotate the neck.

- **Shoulder stretch** - Shrug both shoulders up to your ears, rotate them backward, and then lower them to their original position.

Breathe / Relax

Shoulder Rolls Sitting up straight, inhale and draw your shoulders up toward your ears. Squeeze them tightly. Press your shoulder blades toward each other. Exhale and relax as you release your shoulder blades, sliding them on your back. Remember to breathe deeply!

- **Benefits:** Relaxes shoulder and neck tension, increases circulation to the head, neck and shoulders and relieves headaches and releases upper back tightness

Arms Overhead - Inhale deeply as you raise your arms out to your sides and overhead, palms facing up. Interlace your fingers and turn your palms to face the ceiling. Straighten your elbows as much as you comfortably can. Exhale as you press through the heels of your hands. Breathe deeply 3 to 5 times.

- **Benefits:** Stretches, relaxes and brings increased circulation to arms, wrists, hands, shoulders, back and chest - Counteracts effects of typing and helps to prevent carpal tunnel problems and headaches caused by shoulder tension

Side Stretch - Raise your right arm overhead, sit up straight and lengthen through your arm, all the way to your fingertips. Breathe in deeply. Exhale as you arch to the left. As you stretch, keep your shoulder blades flat on your back and lift the right side of your ribcage with each inhalation. Keep your back flat and your arm extended. Take three to five deep breaths, and then come back to the middle as you inhale, then exhaling, consciously and slowly lower your arm. Raise your left arm overhead and repeat the stretch to the right.

- **Benefits:** Stretches the chest and shoulders, the arms, ribcage and spine. Massages organs, stimulates the nervous system, and hydrates spinal discs.

Dinner

- Eat a relaxed meal – organize and pre plan your food.
- Eat as a family as much as possible without distraction.

Sleep Well – Ready for another awesome day!!!

- Fatigue is just one symptom of too little sleep (7-9 hours is recommended). Poor sleep can impair cognitive function and mental performance, making you less efficient at your work. Too little sleep can also contribute to cravings, overeating and weight gain.
- Sleep is vital to overall wellbeing. It's a vital, restorative function and there are vast cardiovascular benefits including it helps to ward off type 2 diabetes and obesity and can even promote infection resistance, wound healing and boost the immune system.

OTHER TIPS:

- Organise time in your diary for you!
- This includes exercise and relaxation time.
- Work towards a healthy life/work balance.
- Set fitness goals – they are just as important as business goals.
- Be organized in your food planning so healthy food and snacks always on hand.
- Form healthy habits, be consistent and stick to them.
- Ensure good water intake
- Take plenty of deep breaths throughout the day.
- Keep good posture habits.

WANT TO KNOW MORE?

For a FREE Health and Motivation Session email Leanne and if you would like to receive her FREE monthly Health & Fitness Tips Newsletter check out the website below.



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