

# Elevate your Energy at work

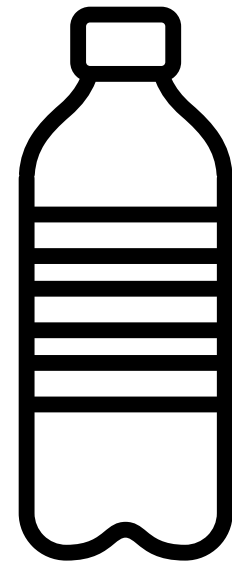
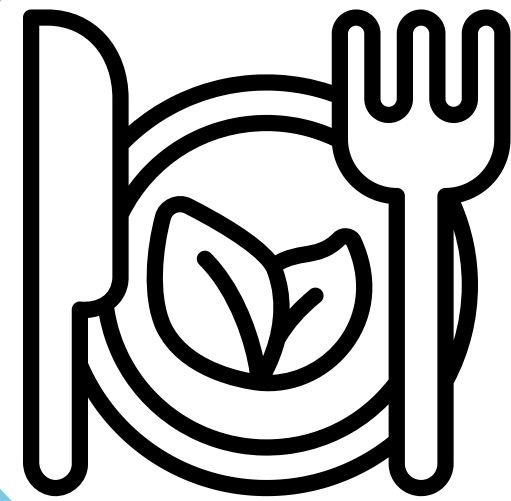
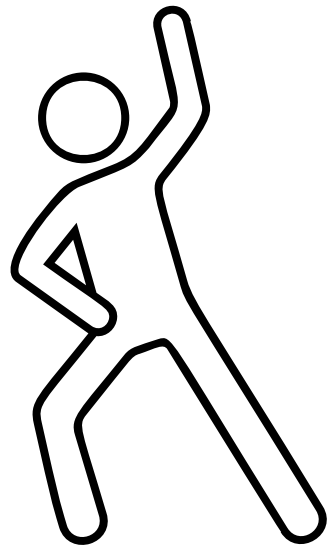


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# Work Day Energy Solutions



**Move  
Breaks**

**Eat for  
Energy**

**Hydrate  
Hydrate  
Hydrate**

**Manage  
Stress**

**Exercise**

# Move Breaks

- **Benefits**

- Increases blood supply which increases energy
- Improves focus
- Increases creativity
- Improves learning

- **Types of Move Breaks**

- Stretch Breaks with yourself or your team
- Set an alarm to move every 60-90 minutes
- Switch up from sitting to standing throughout the day
- Go on walking meetings
- Take the stairs or long way to the restroom or your car



# Stretch Breaks

Incorporating stretch breaks into your daily routine can help improve your productivity, ability to handle stress, and overall well-being. In fact, stretching on a regular basis reduces muscular fatigue, tension, pain, and degenerative joint or disc problems and reenergizes your body.

So get started today with the following at-your-desk stretch exercises. They're easy to do and will give you more energy to tackle the demands in your life.

## Neck

Let your head drop slowly to the left, then to the right. Slowly drop your chin to your chest, and then raise your chin as high as you can. Turn your head to the left, return it to the normal position, then turn it to the right.



## Shoulder Roll

Slowly roll your shoulders forward five times in circular motion, using your full range of motion. Then roll your shoulders backward five times with the same circular motion.



## Middle-Upper Back Stretch

Raise your right arm and grasp it below the elbow with your left hand. Gently pull your right elbow toward your left shoulder as you feel for the stretch. Hold for five seconds. Repeat with the opposite arm.



## Side Stretch

Interlace your fingers. Lift your arms over your head, keeping your elbows straight. Press your arms backward as far as you can. Then slowly lean to the left, and then to the right, until you can feel the stretch.



## Pectoral Stretch

Grasp your hands behind your neck and press your elbows back as far as you can. Return to starting position, then drop your arms. Relax. Repeat.



## Windmill

Place your feet apart on the floor. Bend over and touch your right hand to your left foot, with your left arm extended up. Repeat with the opposite arm.



## Back Relaxer

Bend down between your knees as far as you can. Return to upright position and relax.



## Knee Kiss

Pull one leg to your chest, grasp with both hands, and hold for a count of five. Repeat with the opposite leg.



## Hamstrings

Bring your legs straight out in front of your body and hold them in that position for five seconds. Make sure you are sitting up straight. Relax. Repeat.

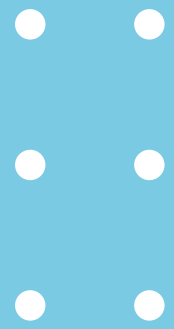


## Fingers

With palms down, spread your fingers apart as far as you can. Hold for a count of five. Relax. Repeat.



# Eat for Energy



- Eat breakfast- A healthy breakfast will increase energy, fight fatigue
- Eat lunch at the right time with the right foods
- Aim for lower GI (Glycemic Index)
- Avoid sugary snacks
- Eat energy boosting foods

# Energy Boosting Foods



- Yogurt
- Heavy mixed grain breaks
- Sweet potatoes
- Nuts
- Hummus and veggies
- Beans
- Blueberries
- Salmon
- Green tea
- Avocado

# Hydrate, Hydrate, Hydrate

- When dehydrated, one of the first signs is a feeling of fatigue
- Add flavor by adding fruit and veggies
- Foods like fruits and veggies have high water content and help you hydrate
- Be careful of too much caffeine
- Use a water bottle you love and keep it close by



# Control Stress

- Prolonged stress causes fatigue
- Stress can cause sleep issues and contribute to tiredness
- Stress can cause headaches, digestive issues, and weight gain



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# Control Stress

- Yoga
- Deep Breathing exercises
- Listening to calming music
- Talking or connecting with others
- Meditation
- Mindfulness- Try these apps
  - Calm
  - Headspace



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# Exercise

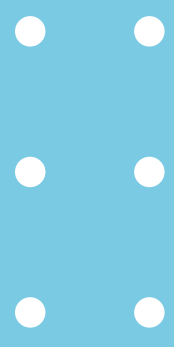
- Regular physical activity can improve muscle strength and boost endurance.
- Delivers oxygen and nutrients to your tissues and helps the cardiovascular system work more efficiently. When your heart and lung health improve, you have more energy to tackle daily activities.
- When you exercise, your body release hormones that make you feel better.
- Helps you to sleep better at night.



# Exercises

- Cardio like: Walking, jogging, running, cycling
- Sports
- Strength training
- Group exercise classes
- Intermittent bouts of exercise work too!
- Anything to get your blood pumping





# We can help!

Contact your fitness team to get started with:

- Stretch break with your team
- Goal setting consultation
- Achieve your 2023 goals!



# References

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