

Bust the Work-a-Day Blues: Be Your Best at Work Every Day

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SpeakEZmag.com, June 2007

Whether you love or loathe your job, one thing's for sure, particularly if you are a '9-5er': the daily grind of any full time job in the City can take a serious toll on your mind, body, and soul. Here are a few tips to improve your energy throughout the day.

Although some of these suggestions may seem obvious, you may have developed some bad habits that can seriously affect your health, your mood, and ultimately your performance at work.

Nothing beats a great start in the morning...

- Get a good night's sleep! How many days have you gotten eight hours of sleep during the week?
- Limit your coffee intake in the morning. If you are a coffee addict, it's time to go half caffeine/half decaf if you need to have more than two cups of coffee before mid-morning.
- Eat a healthy breakfast. Say good-bye to doughnuts and those mid-morning sugar crashes. If you tend to skip breakfast you are also setting yourself up for blood sugar rollercoaster rides as well. Cereal and fresh fruit can keep you alert till lunch.
- Train your body and train your brain. If you are not a morning exerciser, try these few tips: dance around your apartment as you get dressed, get off one stop earlier and walk the rest of the way, and ditch the elevator and take the stairs.

Mid-morning and lunchtime stretching

- Many of us don't get up for hours at a stretch as we work diligently at our desks and computers. Ideally, every hour try these simple stretches in your chair to break postural tension. Remember to breath deeply and slowly. Oxygen will waken up your entire system.
 - Deep Breathing: Close your eyes, take ten deep breaths, inhale for four counts and exhale for four counts
 - Neck Rolls: 5x's slowly circling in each direction
 - Shoulder Lifts: lift up and hold for three seconds and release, 5xs
 - Shoulder rolls: slowly circle shoulders in each direction 5xs
 - Gentle Seated Spinal Twist: keeping you hips facing forward, put your right hand on your left knee and gently twist to your left, hold for 10 seconds, and repeat to the other side.

- Clasp hands over your head and stretch for ten seconds
 - Clasp your hands behind your back and stretch for ten seconds
 - Stand up and bend over, slightly bend your knees and hold for ten seconds.
- Break for Lunch! Take walk and don't eat at your desk. There have been studies that showed a simple 15-20 minute walk at lunchtime could give you an added natural energy boost.
 - If at all possible – see if you can rearrange your schedule for a mid-afternoon workout.

Beat the Late Afternoon Lag...

Ok, so it's 4:00 and your head is ready to hit your desk. This is a danger time for most, where we fool ourselves into thinking that a cup of coffee or a candy bar would be the best 'pick-me-up' to get you through. There are better choices to make you feel great even when the work whistle blows.

- Drink water instead! Even you really need a boost, try juice spritzer with 100% natural juice with some club soda. If you are really hungry, grab a handful of nuts, eat a piece of fruit or have some fruit salad. Most importantly, stay away from caffeine and snacks made of processed sugars.
- If you haven't tried a walk at lunch, and even if you don't have 20 minutes to spare – a ten-minute brisk walk can clear your head, bring oxygen back into your body, and help you focus on the last tasks of the day.

Wrapping up....

Here is a simple trick I used to keep my head and attitude for the next day I walked into the office – tidy up your desk and make a to-do list of your most important tasks to do first thing in the morning.

Meet up with a friend to workout together or simply to take a relaxing walk in the park to unwind instead of heading straight to the bar, and truly enjoy these fabulous summer days.

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