

The background of the entire slide is a light gray gradient. It is decorated with numerous realistic water droplets of various sizes. Some droplets are large and prominent, while others are small and subtle. They are scattered across the page, with a higher concentration in the top-left and bottom-right corners, and a few in the center. Each droplet has a soft highlight and a slight shadow, giving it a three-dimensional appearance.

OFFICE DISTORTION

A STARTING POINT, CREATED FOR EMONEY ADVISOR

HEATHER R HART

ABOUT ME, REAL QUICK



- HEATHER R HART LMT. BODYWORKER AND TRAINER
 - MFR, STRUCTURAL ALIGNMENT, SHIATSU, NMT, TRIGGER POINT THERAPY, MOBILITY.
- 40 YR. OLD MARRIED MOTHER OF TWO
- 16+ YEARS OF BODYWORK AND MASSAGE EXPERIENCE
 - TENS OF THOUSANDS OF BODIES IN BOTH CLINICAL AND SPA SETTING
- CO OWNER OF HART BRAZILIAN JIU JITSU AND BOXING LLC
 - HARTBJJ.COM
- BJJ PLAYER, HIKER, BIKER, SINGER, ARTIST.

GOALS

- IN A NUT SHELL, TO FEEL BETTER.
 - TO FEEL ACCOMPLISHED.
 - TO COMBAT THE EFFECTS OF AN ILLNESS.
 - TO LOOK BETTER.
 - TO FIT INTO YOUR OLD JEANS.
 - TO TURN A PARTICULAR HEAD.
- SMART
 - SPECIFIC
 - MEASURABLE
 - ATTAINABLE
 - REALISTIC
 - TIMELY



PREREQUISITES

BREATHING> STABILITY> MOBILITY> STRENGTH

*IN ORDER FOR YOU TO CULTIVATE STRENGTH, YOUR
NERVOUS SYSTEM MUST FEEL SAFE.*

WHEN IN DOUBT, FOCUS ON BREATHING.

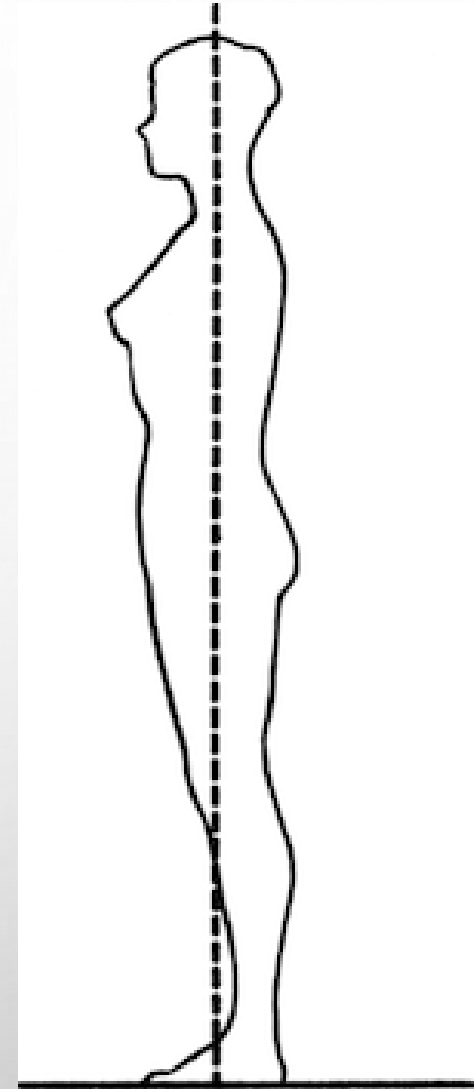


BREATHING

- BREATHING IS THE BASIS OF EFFICIENT MOVEMENT.
 - RESPIRATION IS INVOLUNTARY
 - YOUR MANNER OF BREATHING IS VOLUNTARY
- EFFECTIVE BREATHING IS THE FOUNDATION FOR A STABLE CORE.
- BREATHING AWARENESS IS IMPORTANT FOR EFFICIENTLY UTILIZING YOUR LUNG CAPACITY.
- YOU CAN CHANGE YOUR BREATHING JUST BY BRINGING IT TO MIND.
- ***PRACTICE


IDEAL POSTURE

EARS
OVER
SHOULDERS
OVER
HIPS
OVER
KNEE
OVER
MID FOOT





POOR POSTURE WASTES ENERGY

- GRAVITY IS ALWAYS PULLING YOU DOWN.
 - PARTS OF YOUR BODY ARE HEAVY, LIKE YOUR HEAD AND YOUR ARMS AND YOUR PELVIS
 - IF YOU'RE NOT SITTING OR STANDING WELL, STACKED UP ON YOURSELF EFFICIENTLY, YOUR MUSCLES TRY HARD TO KEEP YOU FROM FALLING ON YOUR FACE.
 - IT MAKES YOU TIRED.
 - A LACK OF ENERGY IS A COMMON REASON PEOPLE DON'T GET INTO AN EXERCISE ROUTINE.
 - BREATHING WELL AND BECOMING AWARE AND ADDRESSING YOUR POSTURE CAN HELP YOU MAINTAIN YOUR ENERGY.
 - ALSO, WATER.
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COMBAT THE EFFECTS OF SITTING STILL

- POSTURAL ADJUSTMENTS
- CORE ACTIVATION WHILE WORKING
- MOVE SOMETHING, FOR EXAMPLE
 - CIRCLE THE WRISTS, ANKLES
 - ROLL THE NECK & SPINE
 - EXTEND THE KNEE
- GET UP AS MUCH AS YOU CAN.
 - STAND FOR PHONE CALLS, USE THE BATHROOM MORE, WALK AT LUNCH

MOBILITY DRILLS

- NECK

- GLIDES FORWARD, BACK, SIDE TO SIDE
- CIRCLE AND FIGURE EIGHTS

- SHOULDERS

- CIRCLES, ROTATIONS
- SCAPULAR ENGAGEMENT

- WRISTS AND HANDS

- ROLLS, SUPINATION, FISTS, JAZZ HANDS

- THORAX AND SPINE

- ROLLS AND CIRCLES

- PELVIS

- TILTS AND CIRCLES

- HIPS

- FLEXION AND EXTENSION
- STEP OVER CIRCLES

POSTURAL EXERCISES

TO COMBAT COMMON DESK RIDING POSTURE

- SIT WITH SHOULDERS OVER THE HIPS
- BREATHE AND BRACE YOUR BELLY
- CHIN TUCK, THE DOUBLE CHIN
 - CREATE A LONGER SPACE IN THE BACK OF YOUR NECK
- WRIST SUPINATION (PALM UP)
 - TO COMBAT TYPING AND USING THE MOUSE
- EXTERNAL SHOULDER ROTATION
 - PALM UP, THUMBS LEVEL W NIPPLE LINE, STATIONARY ELBOWS, ROTATE THE SHOULDERS OUT.
- SCAPULAR ROW
 - PINCHING THE SHOULDER BLADES TOGETHER ON YOUR BACK AND DOWN.
- TRANSVERSE LUNGE
 - SPLIT STANCE, KNEE FLEXION AS FAR AS IS STABLE, KEEP PELVIS AND LEGS STRONG, (LIKE THEY'RE LOCKED IN CEMENT)
 - ROTATE THE UPPER BODY AT THE CORE TOWARDS THE FORWARD LEG.
- HIP BRIDGE
 - SHOULDERS ON THE EDGE OF A SEAT, HIPS ON THE FLOOR, FEET PLANTED FIRM. RAISE THE HIPS AS HIGH AS YOU CAN. SQUEEZE THE GLUTES

WHEN IN DOUBT...

- BREATHE MORE EFFICIENTLY, FULL BELLY BREATHE INTO A BRACED CORE
- REALIZE IT TAKES CONSISTENCY
 - REMEMBER, A LITTLE IS BETTER THAN NONE.
 - SET REMINDERS ON YOUR PHONE OR ON BRIGHTLY COLORED POST ITS AROUND YOUR DESK.
- ADAPTATIONS HAPPEN OVER TIME.
- INCREASE HOLD TIMES, INCREASE REPS, INCREASE HOW OFTEN YOU PRACTICE.
- INCREASES YOUR LEVEL OF ENGAGEMENT
 - TIGHTEN EVERYTHING, BE YOUR OWN RESISTANCE.

THANK YOU!

MY TWO CENTS...

THERE ARE PLENTY OF GYM TO JOIN WHO WILL DO A GREAT JOB OF GETTING YOUR HEART RATE UP AND GET YOU MOVING. TRUTHFULLY, IT'S ALWAYS EASIER WITH A COMMUNITY OF PEOPLE. THIS IS WHY (IN MY OPINION) COMMUNITIES LIKE CROSSFIT, YOGA AND BJJ CAN SOMETIMES SEEM LIKE "EVERYONE DRANK THE COOL AIDE". BECAUSE IT'S A SUPPORT SYSTEM. WHAT I HOPED TO GIVE TO YOU TODAY IS AN UNDERSTANDING OF A FOUNDATION THAT SUPPORTS ALL ATHLETIC ACTIVITY AND AN EXPLANATION OF WHY AND HOW TO COMBAT THE EFFECTS OF THE OFFICE JOB. PLEASE CONTACT ME IF YOU HAVE QUESTIONS. I LOOK FORWARD TO SEEING YOU AGAIN NEXT MONTH. BRING ME SOME FEEDBACK.

FEEL BETTER!

HEATHER HART

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STABILITY, FLEXIBILITY AND MOBILITY



- A STABLE CORE IS THE BEST FOUNDATION TO CULTIVATE BOTH FLEXIBILITY AND STRENGTH, WHICH TOGETHER PRODUCE MOBILITY.
- FLEXIBILITY AND STRENGTH ON THEIR OWN CAN EVENTUALLY YIELD DIMINISHING RETURNS.
- THAT SAID, WHICH EVER WAY YOU CHOOSE TO EXERCISE, RUNNING, YOGA, SPIN CLASS, WEIGHT TRAINING, WALKING, SWIMMING, HIKING ETC. IS MUCH MORE BENEFICIAL THAN BEING SEDENTARY.




DISCLAIMER

- YOU ARE RESPONSIBLE FOR YOUR OWN SAFETY WHILE EXERCISING.
 - STOP IF YOU FEEL UNSAFE.
 - EVERY EXERCISE HAS A REGRESSION EXERCISE, MORE DIFFICULT MOVEMENTS NEED TO BE EARNED.
 - IF YOU'RE IN DOUBT ABOUT EXERCISING WITH A PARTICULAR MEDICAL CONDITION, ASK YOUR DOCTOR AND LISTEN TO THEIR ADVICE.
 - DON'T TRY TO IMPRESS OTHERS, TRY TO IMPRESS YOURSELF. IF YOU'RE WORRIED ABOUT KEEPING UP WITH SOMEONE ELSE, YOU RISK NOT PAYING ATTENTION TO HOW YOUR MOVING AND SIGNALS YOUR BODY MAY BE GIVING YOU TO CHANGE.
- 



FLOW DRILLS

- 5-25 MIN OF CONTINUOUS MOVEMENT
 - INTENTIONS MIGHT INCLUDE
 - INCREASING CIRCULATION
 - INCREASE LUNG CAPACITY
 - RELIEVING STIFF OR SORE AREAS OF THE BODY.
 - INCREASING OVERALL BODY AWARENESS
 - RELAXING AREAS OF TENSION
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FLOW NOTES

- IF YOU REMEMBER JUST ONE RULE, DON'T HOLD YOUR BREATH.
- CREATE YOUR OWN ROUTINE
- THE TIME YOU SPEND ON A PARTICULAR MOVEMENT OR AND AREA OF THE BODY SHOULD DEPEND YOU YOUR INDIVIDUAL NEEDS.
- TRY TO INVOLVE THE ENTIRE BODY INTO YOUR FLOW.
- CHALLENGE YOURSELF TO EXHALE FURTHER
- INCREASE YOUR LEVEL OF ENGAGEMENT
- THIS CAN BE USED AS A WARM UP, A COOL DOWN OR AN ANYTIME MOOD CHANGER

WARM UP AND COOL DOWN 5-10 MIN

ROTATIONS

NECK, THORACIC, SHOULDER, ELBOW, WRIST, PELVIC, HIP, KNEE,
ANKLE

OPPOSING SHOULDER ROTATION

HINGE REACH

I,Y,T,W ARM DRILL

ROTATED SPLIT STANCE

CORE DESK WORK

- PLANK
- PLANK REACH
- BIRD DOG
- KNEE TO WRIST
- SIDE PLANK

TODAY'S WORKOUT 3-5 ROUNDS

- 15 SECONDS: EXPLOSIVE TRIPLE EXTENSIONS
 - NO REST
- 45 SECONDS: PRISONER LUNGES ALTERNATING
 - 15 SEC REST
- 45 SECONDS: HIP BRIDGES (CHAIR)
 - 15 SECONDS REST
- 45 SECONDS: DESK PUSH UP TO OVER HEAD SQUAT FLOW
 - 15 SEC REST
- 45 SEC: TRAVELING UPPER BODY PULLS
 - NO REST

Timing

4:00 Triple extensions
3:45 Prisoner Lunges
3:00 Rest, get set
2:45 Hip Bridges
2:00 Rest, get set
1:45 Desk Flow
1:00 Rest, get set
0:45 Traveling Pulls
0:00 repeat immediately or take 5
deep breaths, let your heart rate
lower and repeat

EXPLOSIVE TRIPLE EXTENSION

- BEND YOUR KNEES AND SIT YOUR HIPS BACK TO A ¼ SQUAT POSITION
- SHOULDER BLADES TOGETHER, ARMS STRAIGHT WITH HANDS BEHIND THE HIPS
- ALL TOGETHER, ANKLES, KNEES, HIPS EXTEND, ARMS OVER HEAD, CROWN OF THE HEAD TOWARD THE CEILING/SKY. JUMPING IS NOT MANDATORY, YOU MAY JUST COME UP ON THE TOES
- ABSORB YOUR BODY WEIGHT WITH CAT-LIKE GRACE AS YOU DESCEND TO THE START POSITION
- REPEAT NO MORE THAN 15 TIMES

PRISONER LUNGES

- IN A NEUTRAL STANCE, LACE YOUR FINGERS TOGETHER BEHIND YOUR HEAD
- YOU MAY LUNGE FORWARD OR BACKWARD
- KEEP YOUR CORE ENGAGED, NAVAL TOWARD THE SPINE
- THE SCAPULA AND ELBOWS DRAW BACK AND TOGETHER BEHIND YOUR HEAD AS YOU LOWER INTO THE LUNGE
- AIM TO CREATE A STRETCH IN THE CHEST AND A FIRM STRONG GLUTE AS YOU DRIVE BACK TO STANDING
- ARMS RELAX AS YOU RETURN TO THE START POSITION

HIP BRIDGES

- FEET HIP DISTANCE APART
- REAR END RESTING ON THE FLOOR
- SHOULDERS REST COMFORTABLY ON A STABLE SURFACE LIKE THE SEAT OF A CHAIR THAT IS POSITIONED FIRMLY AGAINST THE WALL
- WITH YOUR CORE BRACED, LIFT THE HIPS HIGH TO A TABLE TOP POSITION
- SQUEEZE THE GLUTES AND LOWER TO THE START POSITION

DESK PUSH UP TO OVER HEAD SQUAT FLOW

- PLACE FLAT HAND FIRMLY ON THE EDGE OF YOUR DESK
- FEET A LITTLE MORE THAN ARMS DISTANCE FROM THE DESK PLANTED FIRMLY ON THE FLOOR
- BRING YOUR BODY FORWARD INTO AN ELEVATED PLANK POSITION
- EXECUTE A PUSH UP WITH A LONG NECK AND A TIGHT RUMP
- PUSH WEIGHT INTO YOUR FEET AND SIT YOURSELF BACK INTO A SQUAT POSITION AND RAISE YOUR ARMS OVER HEAD.
- THIS IS A FLOW DRILL, HEART RATE SHOULD BEGIN TO LOWER

TRAVELING UPPER BODY PULLS

- THIS IS AN ACTIVE REST TO INCREASE YOUR RANGE OF MOTION IN THE SHOULDERS AND SCAPULA
- STANDING NEUTRAL WITH YOUR GLUTES AND CORE ENGAGED RAISE ARMS TO OVER HEAD POSITION AND PULL AGAINST YOUR OWN RESISTANCE. EXTEND YOUR ARMS TO THE START POSITION AND LOWER SLIGHTLY.
- REPEAT THIS AT DIFFERENT ANGLES FOR THE DURATION.
- WHEN YOU THINK YOU'VE SQUEEZED THOSE SCAPS AND ELBOWS BACK AS FAR AS THEY GO, SQUEEZE A LITTLE MORE.
- THIS SEGMENT IS AN ACTIVE REST, YOUR HEART RATE SHOULD LOWER EVEN FURTHER.