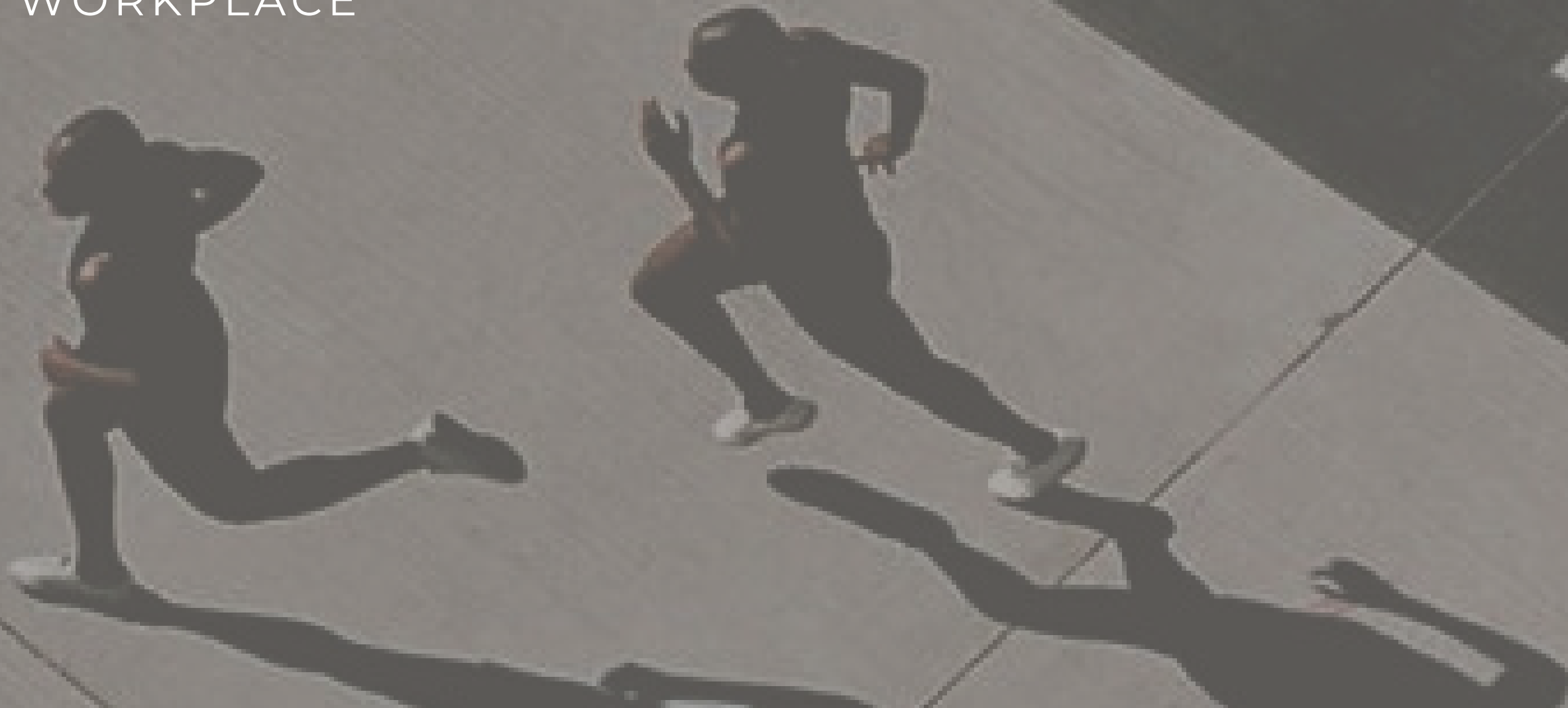


BLUEPRINT FOR HEALTH

Movement & Exercise

IN THE WORKPLACE



THE LIVING FUEL

MANOLI

Co-founder
Nutritionist
Specialty in performance optimization

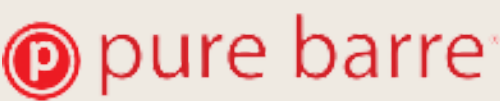
NICOLE

Co-founder
Nutritionist
Specialty in digestive health & food allergies

OUR TEAM

Our team of 20+ health coaches are equipped with degrees in Nutrition, Movement & Exercise, and Psychology & Mental Health, ensuring our programs are holistic and adaptable

*We have worked with 9,300+ clients,
universities and businesses*



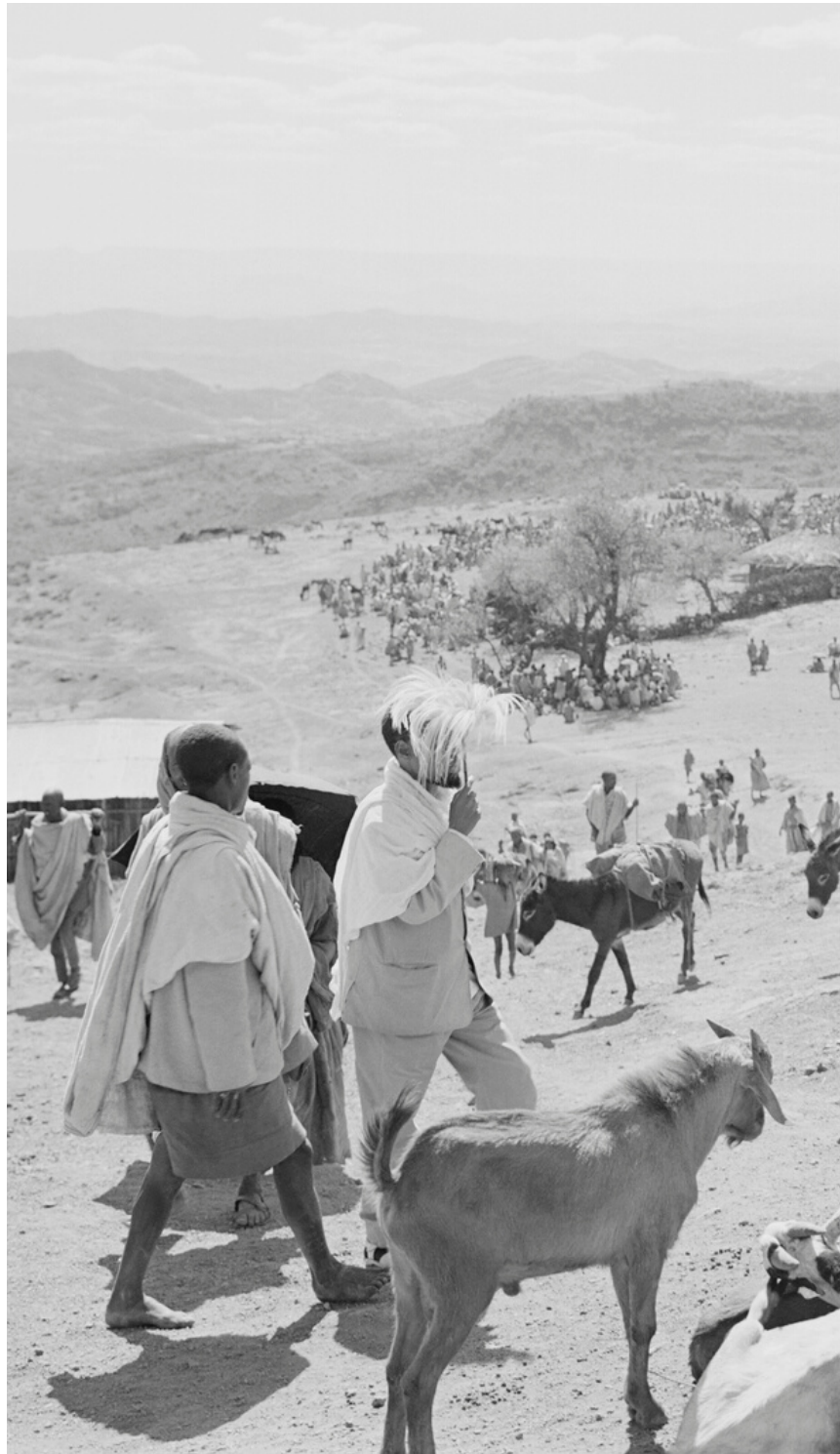
A high-angle photograph of a person's arm and hand reaching down towards a light-colored, textured floor. A long, dark shadow of the person is cast across the floor, extending from the top left towards the bottom right. The shadow is in a dynamic, athletic pose, mirroring the arm's position. The text "Let's Move!" is centered in the middle of the image.

Let's Move!

Why Should We Move?

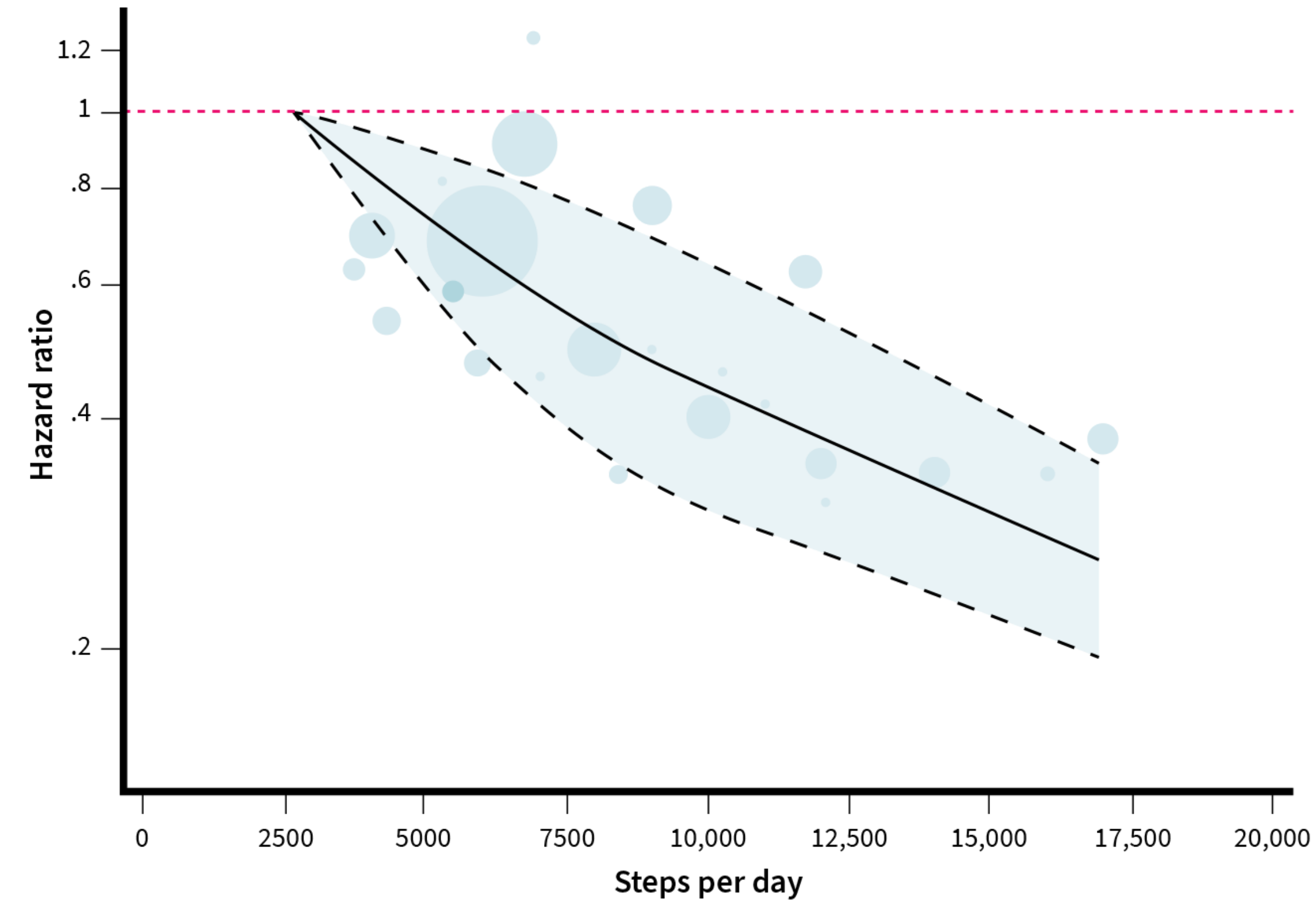
- ✓ Keeps mitochondria young
- ✓ Boosts immune function
- ✓ Regulates hormones
- ✓ Slows brain-related aging
- ✓ Lowers stress and anxiety





The Movement Dilemma

- Most of us live a sedentary lifestyle
- Follow the Blue Zones
- Low intensity movement is key



Why Walk?

- Walking is directly correlated to longer lifespan
- each 1,000 steps per day is linked to 12% lower mortality
- 10k steps was linked to a 56% lower risk of all cause mortality



Aerobic

running, cycling, swimming,
dancing, kickboxing, hiking



Anaerobic

lifting weights, resistance
bands, sprints, HIIT, jump rope



Balance/Flexibility

yoga, stretching

Pillars of Movement



Movement Tips

VARIETY: Follow the SAID principle



Movement Tips

VARIETY: Follow the SAID principle

ANY MOVEMENT COUNTS: You can move anywhere, anytime



Movement Tips

VARIETY: Follow the SAID principle

ANY MOVEMENT COUNTS: You can move anywhere, anytime

ENJOY IT: Make your movement fun



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REST: Don't sacrifice sleep



Movement Tips

VARIETY: Follow the SAID principle

ANY MOVEMENT COUNTS: You can move anywhere, anytime

ENJOY IT: Make your movement fun

REST: Don't sacrifice sleep

FASTED CARDIO: Fasted exercise for weight loss

How to Time Workouts

Morning

Afternoon

Night

Pros

*Best for weight-loss
and blood sugar
management*

*Great for boosting
energy and
productivity*

*Better than no
exercise*

Cons

*Can promote
hunger earlier on*

*Can be difficult to
plan your days*

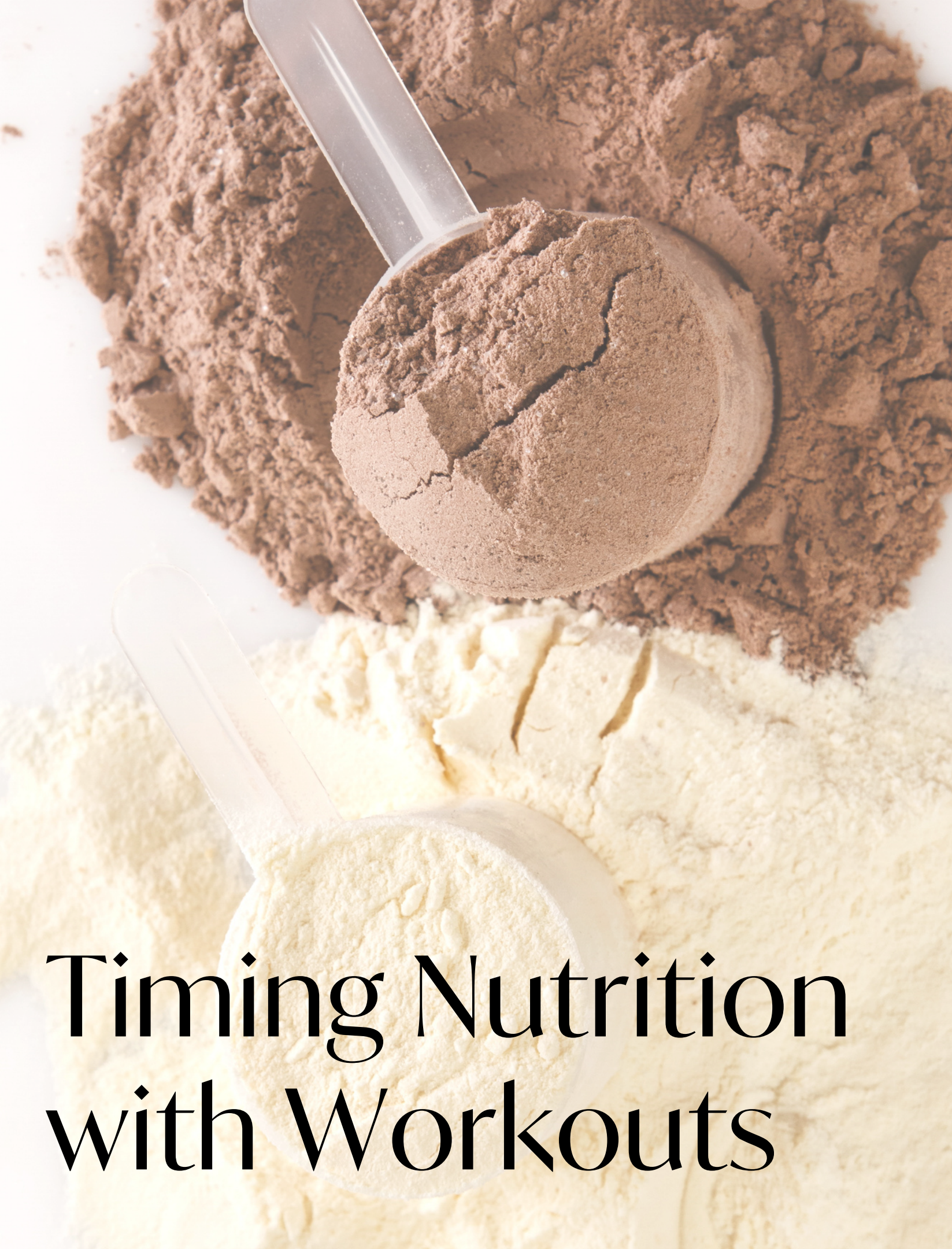
*Not optimal for sleep
if done too late*

True or False:

You need protein within 30 minutes of a workout

True or False:

You need protein within 30 minutes of a workout



Timing Nutrition with Workouts

- It doesn't matter when you have the protein shake
- Have clean carbs and sugar right after
- Studies show waiting to eat can increase HGH

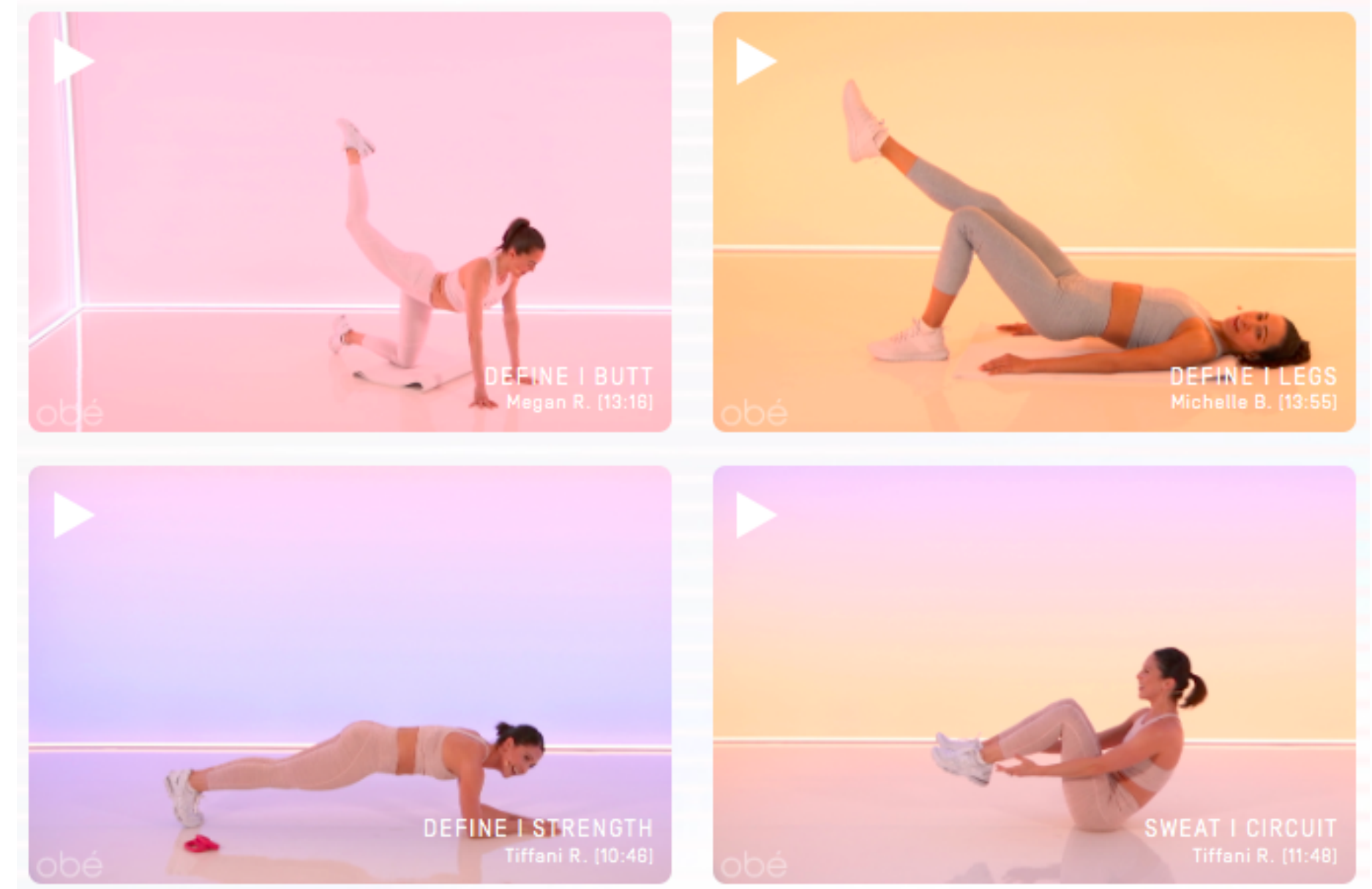
Workout Tools

jump rope
resistance bands
slider plates
dumbbells
kettlebells

ankle weights
pull up bar
dumbbells
boxing gloves/bag
rings

don't have weights? use:
laundry detergent
filled up backpack
bags of dog food
jugs of water
books

- OBE fitness (full body) [LINK](#) ★
- Boho Beautiful on Youtube (yoga)
- Sami Clarke on Youtube (full body)
- The Sculpt Society (sculpting)
- The Body Coach on Youtube (full body)
- The Studio on Youtube (dance cardio)
- 305 Fitness (dance cardio)
- Strengthside on Youtube (mobility)
- The interval app



At-Home Workout Platforms

Workplace Hacks

- Set a reminder or block calendar time to move
- No standing desk? Prop up with books or a box
- Track steps for accountability
- Keep equipment nearby



How to Get More Steps

- Use a standing desk
- Take the stairs
- Park farther away
- Take your call on a walk



Workplace Hacks

standing desk

stepper

workout cards

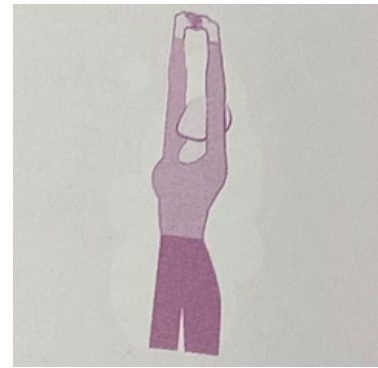
medicine ball



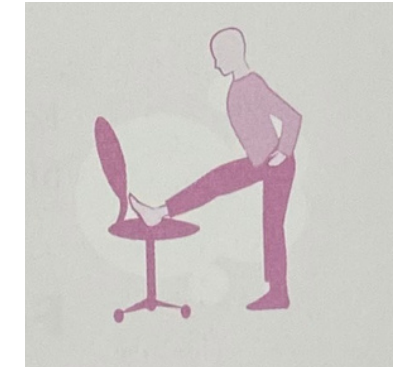
Office Stretches



Seated Figure 4 Hip Stretch



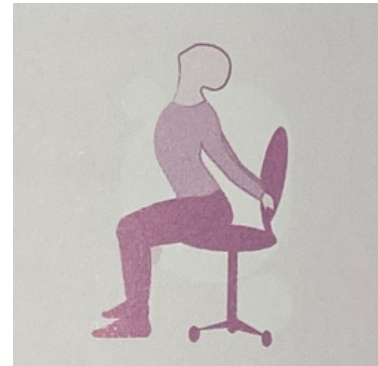
Standing Overhead Reach



Hamstring Stretch



Seated Spinal Twist



Chair Chest Opener



Mirrored Chair Pose



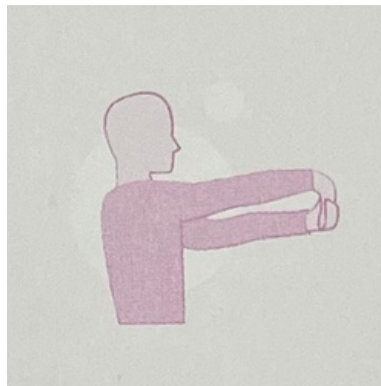
Bound Neck Stretch



Single-Leg Toe Pull



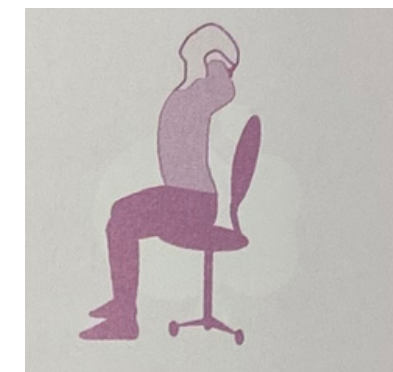
Standing Chair Lat Stretch



Alternating Fingers Wrist Stretch



Chair Pigeon Pose



Butterfly Elbows

• LET'S TALK •



@THELIVINGFUEL

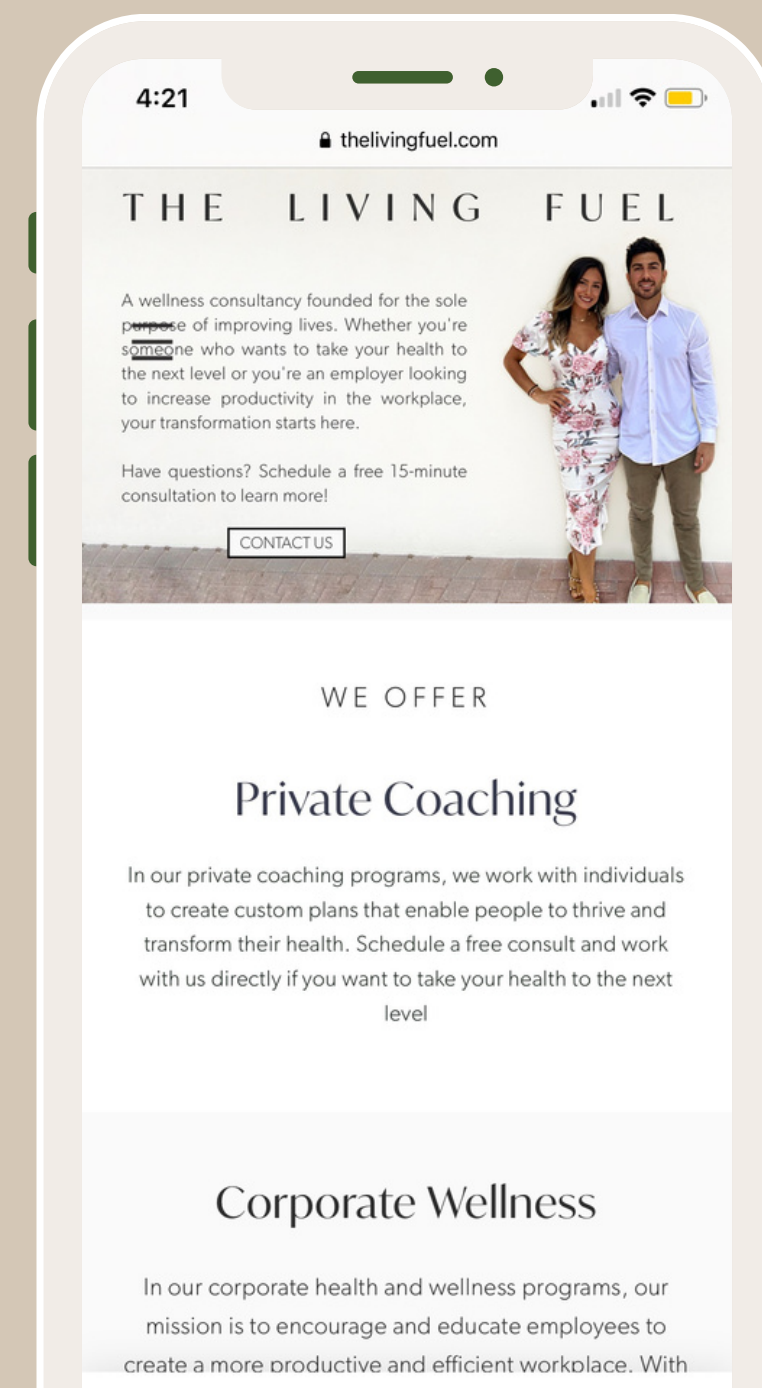


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ONE SHRM PDC.



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