

10 Secrets to Be Focused, Energized, and Stress-free

1. **Supple Joints for Mobility and Balance**

3 min. MOBILITY, BALANCE, FUN

Stand up and start by moving your hands in a circular motion to warm up the wrists. Change direction. Move to the elbows and make circles with the lower part of the arms. Next, rotate the shoulders forward then back. Now go to the legs – ankles, knees, hips. Finish with gentle rolls of the head.

2. **Squats – The Biggest Bang for Your Time!**

30 sec. MUSCULE STRENGTH, HEART RATE, EFFICIENCY



3. **Boxer's Shuffle – Pre-meeting/Post-meeting tune up!**

1 min. STRESS RELEASE, MOBILITY, ATTITUDE, FUN

4. **Chair Abs – Add Core Value to Your Business!**

1 min. STRONG CORE = HEALTHY BACK

Leg Lifts, Russian Twist, Suitcase, Bicycle Pedal



5. **Lift the Bottom Line!**

AS OFTEN AND AS LONG AS YOU CAN

The bottom line will make you or break you! Do not let it decrease or go flat!
Work on developing a strong bottom line! The more you lift it, the less back trouble you will have!

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6. What are you waiting for!?!

Use your time effectively as you wait for the copy machine, the coffee, the printer, etc. Squats, leg lifts, wall push-ups... pick your favorite and do it!



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7. Under Desk Dynamics – Your Secret Weapons!

As needed. KEEPS YOU ALERT

Leg Lifts, Push the desk



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8. High Profile Aerobics – walk with SPEED and DETERMINATION everywhere you go!

Keep your profile high by always looking like you have somewhere important to be!

9. Doodle ON your hands!

REFRESH WITH A HAND MASSAGE

Place a drop of **essential oil** in your hands and rub your palms together.

10. Stretch and Yawn

BOOSTS METABOLISM, RELAXES

“Standing and stretching every hour can boost metabolism by 13 %” -

American Journal of Clinical Nutrition

Download my free e-book for more tips and tricks at
www.HealthyAt100mph.com