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[www.elfiv.ca](http://www.elfiv.ca)

## **Flexibility & Mobility**

### **Benefits (of improved flexibility/mobility):**

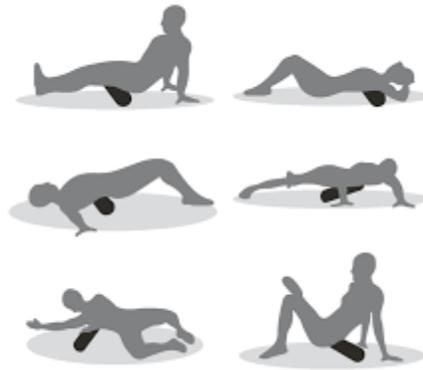
- Less stress/ tension on the body, joints and muscle groups during movement and at rest.
- Improves posture.
- Body moves more freely with an increased range of motion (ROM).
- Reduces general joint, muscle and body pain. For example: in the hips, back, legs, shoulders and neck etc.
- Increased energy levels/ increased calories burnt (through application).
- Increased muscle health/quicker muscle recovery.
- Improves immune system.
- Decreased stress levels (through application).
- Improves range of motion (ROM) during all forms of movement/ exercises.
- Improves exercise form.
- Decreases risk of injury during exercise/ everyday life functions.



### **How To:**

- Add dynamic stretches to warm-ups before activity/ workouts (involves movement around the joint).
- Apply static stretches daily (mid-day, evenings and post workouts- with no bounce.) Hold each stretch still for 30-60 seconds.
- Yoga classes that fit your fitness level.

- Increase body/ muscle temperature before stretching. (Warm muscle fibers are more pliable and stretch/ stay lengthened).
- Foam roll muscles pre/ post workouts for quicker muscle recovery. Foam rolling increases the release of nutrients inside the muscle as well as, increased functionality/ flexibility.



# Body Strength/ Nutrition & How It Effects Your Energy Levels

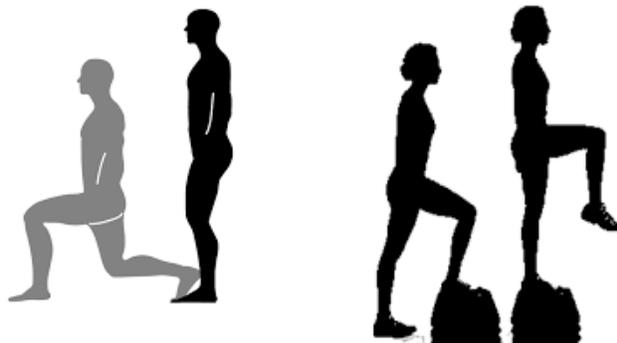
## Benefits (of increased strength/energy levels):

- Strong glutes/ core supports the (back) posterior muscle groups. (Your back won't have to work as hard).
- Reduces risk of overall joint pain/ body pain due to increased support.
- Improves movement/ balance.
- Reduces risk of injury during exercise and everyday life. Due to increased muscle support, balance and coordination.
- Improves posture.
- Improves leg strength. (The knees/ hips won't have to work as hard).
- Increases overall daily energy levels and reduces mental fatigue.
- Decreases stress/ anxiety levels.



## How To:

- To strengthen the glutes:
  - Compound leg exercises/ movements: step-ups, squats, lunges etc.
  - Isolated exercises: glute bridging, glute kick-backs etc.



- Add lateral movements for leg exercises (crab walk etc). Targets inner and outer hip/thigh muscles to create strength/ balance.
- To strengthen core:
  - Exercises: planks, squats, core rotations, forward and side crunches.

*\*TARGET/ WORK core muscle groups ON ALL PLANES OF MOVEMENT\**



- When targeting (resistance training) legs/glutes, allow 1-2 days recovery before targeting again.
- Fuel body properly. Efficient/ quality calories (choose veggies that are bright in colour/ dark greens as well). Add natural fats daily.
- Hydrate. 2.7L women /3.7 L men per day of water. If dehydrated the body and mind will feel tired.
- If one eats poorly, one will feel poorly (including feeling fatigued).

### **Health Benefits (of eating healthy):**

- Weight loss
- Diabetes management
- Heart health and stroke prevention
- Strong bones and teeth
- Better mood
- Overall feeling better
- Improved memory
- Improved gut health
- Improved sleep

### **How To Improve Your Nutrition (what foods to focus on):**

- Drink water throughout the day. This helps promote fat loss among many other things
- Stick to lean healthy carbs like sweet potato, brown rice and quinoa
- Eat lean proteins throughout the day. This can also be plant-based
- Focus on eating lots of mixed vegetables, especially dark greens and vegetable that are bright in colour

- Try to avoid dairy products. A little bit every day is ok but be aware that dairy is high in fat
- Avoid sugar and refined carbs. The body converts sugar into fat.



# Sleep

## Benefits (of quality sleep):

- Healing damaged cells
- Boosting your immune system
- Improved concentration and productivity
- Improved memory
- Lowers stress
- Mood booster
- Healthier heart by recharging your heart and cardiovascular system for the next day
- Steadier blood sugar (tend to eat fewer calories)
- Feeling refreshed and energized



## Lack of Sleep (how it effects):

- Fatigue, lethargy and lack of motivation
- Moodiness and irritability; increased risk of depression
- Impaired brain activity; learning, concentration and memory problems
- Reduced creativity and problem-solving skills; difficulty making decisions
- Inability to cope with stress, difficulty managing emotions
- Premature skin aging
- Weakened immune system; frequent colds and infections; weight gain
- Impaired motor skills and increased risk of accidents; hallucinations and delirium
- Increased risk of serious health problems including stroke, diabetes, high blood pressure, and heart disease



## How To Improve Sleep (factors that affect sleep):

- Keep in sync with your body's natural circadian rhythm (sleep-wake cycle)
  - Try to go to sleep and get up at the same time every day
  - Avoid sleeping in- even on the weekends. If you had a late night, opt for a daytime nap rather than sleeping in
- Control your exposure to light during the day

During the day:

- Expose yourself to bright sunlight in the morning
- Spend more time outside during daylight- try to take your break at work outside
- Let as much light into your home and workspace as possible
- Try using a light therapy box (this stimulates sunshine and can be especially useful during the winter)

At night:

- Avoid cell phones, tablets, computers and other electronic devices within 30 minutes to 2 hours of your bed time. (The blue light emitted by screens restrain the production of melatonin which is the hormone that controls your circadian rhythm)
  - Avoid reading with backlit devices
  - When it is time to sleep make sure your bedroom is dark
  - Keep the lights down if you get up during the night
  - Keep your room at a cool temperature
- Exercise. Regular exercise improves the symptoms of insomnia and increase the amount of time you spend in the deep restorative stages of sleep

- Be mindful of what you eat and drink
  - Limit your caffeine intake
  - Avoid big meals at night within two hours of bed.
  - Avoid alcohol before bed which interferes with your sleep cycle
  - Avoid drinking too many liquids in the evening which may result in frequent bathroom trips throughout the night
  - Cut back on sugary foods and refine carbs. Eating these types of foods can trigger wakefulness at night and pull you out of the deep, restorative stages of sleep
- Wind down and clear your head. This can be done through meditation techniques such as “belly breathing” also known as diaphragmatic breathing. This helps with staying out of your head, worrying and brainstorming when you should be focusing on relaxation and getting sleep



# Stress & Anxiety Management

## Benefits (of improved management tactics):

- Will feel happier/ more positive overall.
- Helps to fight seasonal depression.
- Helps to battle chronic anxiety.
- Relief against anxiety attacks.
- Increases energy levels/ productivity/ motivation/creativity and decision making.
- Increases overall energy levels.
- Increases immune system (sick less).



## How To:

- Taking breaks at work by:
  - Have lunch or a healthy snack.
  - Walk or exercise.
  - Connect with nature and/or streetscape.
  - Change your environment.
  - Take a few deep breaths.
  - Meditate.
- Healthy foods/calories (if one eats poorly, one will feel poor. All forms. Including mood).
- Meditate (start with short beginner classes/ videos/ sessions. then build). Yoga/ diaphragmatic breathing etc.
- Daily exercise. Any form: cardiovascular, resistance, swimming, walking, weight training, yoga etc. Work within your capable level.
- MEDITATION:
  - Traditional Meditation (beginner to advanced videos/classes/session- daily).
  - Yoga (weekly).
  - Walking (daily/ weekly).
  - Belly breathing (daily) diaphragmatic breathing.

