

Fire Engineering®

IT'S ALARMING - THE OFFICE IS KILLING YOU!

By John Hofman

HELPFUL TIPS:

Injury Prevention

- Use the foam roller to help untie any knots.

Foam Roller: Piriformis



Foam Roller: IT Band



Foam Roller: Rhomboid Stretch



Foam Roller: Latissimus Dorsi

- Stretch you lat and pectoral muscles to help with shoulder pain.



Pec Stretch



Lat Stretch

- Stretch your hip flexor and piriformis to help with your low back



Piriformis



Hip Flexor

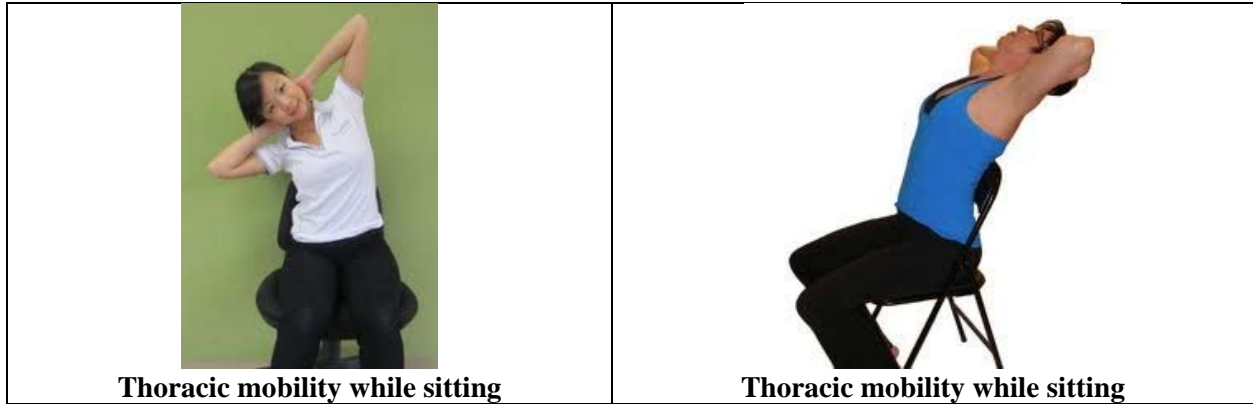
- Get more mobility into your hips and thoracic spine



Tape two tennis balls together to for a "peanut" shape.
Lie on your back with the balls underneath, situated between above lower back and your hands behind your head. Raise your arms over your chest and alternately reach over your head for 5 repetitions with each arm



Move the balls up your spine 1 to 2 inches and repeat the movement and arm reaches
Continue moving the balls up your spine until they are just above your shoulder blades and below the base of your neck. Think about keeping your ribs pushed down to the ground during the arm reaches



Nutrition:

1. Eat more protein at breakfast. This will help you fight off the glycemic crash that occurs around 10 am.
 - a. Example: Fruit Smoothie – 1 scoop of protein powder, chia seeds, fresh fruit, 1 cup of almond milk, spinach.
2. 20/10 Rule: Every meal should have 20g of protein. Every snack should have at least 10g
3. 3/2 Rule: 3 snacks and two meals is more realistic to a normal diet.
4. Drink a glass of low-fat chocolate milk after your workout – don't wait longer than 30 minutes....this is also a snack!
5. If you are serious about losing weight, track your calories! There are plenty of smartphone apps available to help you do this (examples include fatsecret calorie counter or weight watchers)
6. Get better quality sleep. Stay away from Ambien and other sleeping aids. If you are having trouble, use melatonin or ZMA before you sleep.