Tina McDermott
DISCOVER WHOLE BODY FREEDOM

# Finally Thin Forever Fitness At Your Desk

## FINALLY FIT AT YOUR DESK!

It's time that you get up from your desk and stop wasting away as you know, sitting is the new smoking. Yes, there is startling evidence that your chair is really killing you as you can read in Dr. James Levine's book Get Up!: *Why Your Chair Is Killing You and What You Can Do About It*.

Think about it, when you sit still all day your body is like a stagnant pool with sludge growing on top. Your lymphatic system needs your muscles to move the toxins out of your body that it continuously mops up and if you don't move then the toxins stay put and destroys your health!

### PROLONGED SITTING STILL IS ASSOCIATED WITH:

- Obesity
- Increased blood pressure
- High Blood sugar
- Excess body fat around the waist
- Abnormal cholesterol levels
- Cardiovascular disease

Because our bodies are meant for movement all day long! Here are some ways to go through your busy day and get movement along with productivity.

- Park far from your building and walk
- Keep your dress shoes under your desk at work and wear sneakers to work
- Walk a lunch time, even if it's within the stairwell
- Set an alarm every hour and get up and dance with your colleagues, stretch or do some push-ups
- Do my fitness at your desk routine! It's only 10 minutes!

### OK, GET SET, GET READY, LET'S GET STARTED.

- First and foremost, please check with your doctor before beginning any exercise program.
- Set aside 10 minutes per day a minimum of two to three times per week. Right before lunch would be ideal for fat burning.
- Use your chair at your desk or find a space in a conference room that you can move in without being disturbed. Find some friends who want to move with you. You only need a little bit of space around your desk.
- You can do this in normal clothes just make sure they are comfortable and flexible.
- You can play your own music or just watch my video.

### RULES OF THUMB:

- You can keep your buttox on the chair or you can stand up and do them. Your feet don't have to leave the floor, just keep moving them.
- Remember to breath in through your nose and out through your mouth.
- Simply keep moving your body for the full ten minutes. It doesn't have to be perfect, you just have to keep on moving.
- Keep a towel at your desk to wipe off sweat or even use wet ones for a quick clean up afterwards.

### THINGS TO LOOK OUT FOR:

- Check your heart rate regularly. Here is your formula:
- Take your age and subtract from 220 equals your maximum heart rate (MHR). It is recommended that you exercise within 55 to 85 percent of your MHR.
- (220-50=170 (MHR) * .55 = 93.5 and * .85 = 144.5) so if you are 50 years old then your heart rate should be within the range of 93 to 144 beats per minute.
- Check out this website that will calculate it for you. **https://www.active.com/fitness/calculators/heartrate**
- How to take your heart rate. Place your index and middle finger underneath your jaw until you can feel your heart beat. Look at a clock and count the beats for one full minute. If you want a quick read then count for only 10 seconds and multiply by six but the full minute is the most accurate reading.
- If your heart rate is way out of this range then stop immediately and walk around until you feel better.
- Moving your body, even if it's from a chair is a terrific way to moves toxins out of your body through the lymphatic system. This means that you may be making a few extra trips to the bathroom which is a good thing.

### HAPPY MOVING YOUR MASS!

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