

# TAMPA STYLE

The City's Who's Who & What to Do

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## NINE 2 FIVE



### Kiss Back Pain, Cravings and the Three p.m. Crash Goodbye

If you're like most of the world, you're probably working in an office for eight grueling hours a day. More than likely, you leave work feeling sluggish and stiffer than a cardboard. You may find yourself gaining weight, getting sick more often, and fatigued throughout the day. Evidence also shows that individuals working long hours in the office could be doing your body some serious harm in the long term. But have no fear! Tampa Style is here to provide some easy adjustments to your nine to five schedule that can help you achieve total mind and body wellness. We'll discuss steps that can be taken to maintain mental health, nutrition, and fitness in an office setting.

### Morning

Morning gives you the opportunity to set the tone for the day, so you might as well start it right! The first task on your to-do list should be to drink a glass of warm lemon water or tea before indulging in a cup [or two] of coffee. Take note and rejoice: you're allowed to drink coffee! Stay tuned for our upcoming article on the health benefits of coffee. If however, you're not a coffee drinker, follow my lead and double bag that tea! I recently discovered the magic of double bagging tea, specifically ginger peach black tea, to retrieve the optimal level of alternative caffeine. While indulging in your favorite caffeinated beverage, slow down, relax and take deep breaths to mentally prepare for the day.

As far as breakfast is concerned, according to **nutritionist Franci Cohen**, it is recommended to avoid fruits and grains in the a.m. Opt for an avocado or whole eggs instead. Once at the office, adjust your computer screen to eye level and be aware of your elbows and hands – keeping them on one even plane.

### Lunch

We recommend a little fitness before stepping out for that much anticipated lunch break. Great news! You don't have to leave your desk and hit the treadmill to complete these exercises. While sitting, hold

the right side of your desk chair with your right hand and bring the left arm up over your head. Inhale as you lean all the way to the right and hold for six breaths, switch sides and repeat a few more times.

At lunch, fuel your body with complex carbs and proteins that will give you sustained energy. Foods like kale, salmon, acai smoothies, and red lentils will provide an ample amount of nutritional value. If you're staying in for lunch, take 15 minutes out of your break to feed your soul with some vitamin D by walking outside.

### Afternoon

By this time you're in the home stretch and need some pick-me-ups to finish the day strong. Maintain the fitness aspect of your day by taking a quick walk to speak to a coworker (or to indulge in a little water cooler gossip) instead of emailing or calling their phone line. While you're up, place your legs hip width apart, inhale as you reach your arms up in the air then exhale bending forward at the waist and reaching your hands to your feet.

When the tummy starts to rumble, snack on high-fiber, energy boosting foods like walnuts, apples, and hummus. If that day ending jitter hits, wellness coach Yvette Rose recommends massaging a few drops of peppermint oil on your wrists, behind the ears, and on your temples to increase focus.

### End of Day

Finally! The 5 O'clock release is here and it's YOU time. Be sure to do something you love for 10 to 15 minutes without distractions; possibly reading, listening to music, or sketching. Keep in mind that happy hour should be observed in moderation to help protect your waistline. For dinner, home-cooked food that is rich in vegetables and healthy protein is the best way to stay healthy and energetic.

Now take a deep breath, relax and hit the hay! A good night's sleep is the perfect preparation for a new day.