

TAKE GOOD CARE FITNESS

# open office mobility

AN EGUIDE TO  
ENHANCE YOUR  
LIFE IN AND OUT  
OF THE OFFICE



created by hiliary rooney  
owner of take good care fitness

# but first...

let's define mobility!



mobility is:

the ability to move or be moved  
freely and easily

WOAH! sounds  
pretty cool, right?!



# how the body moves

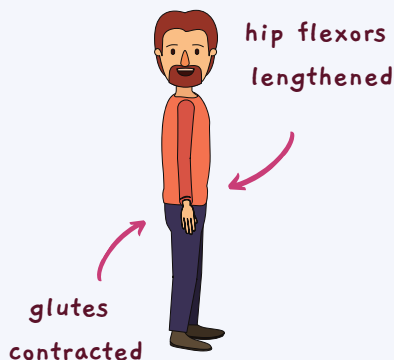
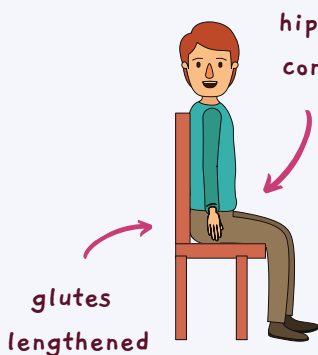
ok, get nerdy with me for a second! the body moves when a muscle contracts and another (usually on the opposite side of the bone) lengthens. as a muscle contracts, it pulls on the bone(s) to create movement at the joint. NEAT, right?!



here's an example:

there are a number of muscles and joints at play in order to stand up out of a chair but we will focus only on the hip joint, the hip flexor muscles, and the glutes for now. in order for our hip joint to come to a neutral position as we stand, our hip flexor muscles lengthen as the glute muscles contract. see below!

*seated to standing*



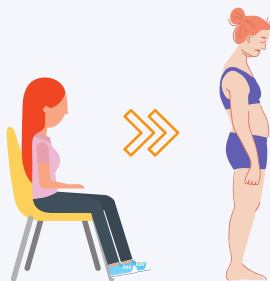
# dysfunction & imbalance

static (posture) and dynamic (in movement) malalignments can be caused by maintaining the same position for lengthy periods of time (ex: sitting in a chair for 8 hours) or the result of repeating the same movement over and over (ex: carrying a heavy back pack or purse on the same shoulder or blowdrying a client's hair with the same arm raised all day). these imbalances and dysfunction can have negative long term effects on the body - most commonly, PAIN!



## revisiting the chair example:

sitting in a chair for extended periods of time can cause the hip flexors to be in a constant contracted (tightened!) state and the glute muscles to be perpetually lengthened. so, when you stand, the pelvis will remain in an anterior (forward) tilt resulting in a low back arch...ultimately placing unwanted stress on the back and possibly causing low back pain.



tight/ shortened hip flexors  
weak/lengthened glutes

tight/shortened low back  
weak/lengthened core

# improve mobility

## the hard facts

80% of U.S. jobs are considered physically inactive - the average desk job has us sitting anywhere from 8-15 hours a day which inevitably wreaks havoc on our bodies, minds and energy! over time, these negative effects become harder to reverse. frequent movement breaks are essential and can enhance your life in and out of the workplace so that you can begin or continue to move freely and easily!



## who should do it? why do it? when to do it?

who

EVERYONE with a body! if you have a body, prioritizing regular mobility and moving your body is beneficial in order to move optimally and maintain a pain free life. if your job requires you to sit most of the day OR work repetitive movements, this is even more important.

why

prioritizing mobility, specifically in an office setting can help in MANY ways. most importantly, you will FEEL a difference in your body when your posture and range of motion improves. neglecting to interrupt suboptimal movement patterns and posture can result in static and dynamic malalignments which ultimately leads to pain in the body.

when

MOVE WELL, MOVE OFTEN! frequent movement throughout the day enhances both mental and physical health, improves productivity, recharges focus (fresh oxygen to the brain!), and jumpstarts creativity/combats decision fatigue. even a 60 second stretch session each hour will work wonders!



# office life:

let's skip to the good part

## MENTAL HEALTH



arguably the most important benefit of movement is the incredible effect on our mental health. prioritizing movement throughout the day decreases stress, anxiety, and is a recharger - mindful physical activity signals our central nervous system to calm and regulate. through movement, our blood circulation increases and creates more energy. our mood skyrockets AND we are generally happier in our environment and more likely to build healthy habits in our lives.

## PRODUCTIVITY

when we feel rested, relaxed, and recharged we perform better. we produce more. our efficiency increases. stepping away from the grind to reset helps us keep our heads in the game and ready to make those sales all day long!



## FOCUS

our brains need a constant supply of blood & oxygen to the brain to function properly. sitting for long periods of time SLOWS the circulation - movement keeps it fresh so we can stay dialed in.

## CREATIVITY

we can mitigate the 'decision fatigue' & 'autopilot zone out' by changing our environment, position & perspective - keep those creative juices flowing by initiating that fresh idea flow!



## PHYSICAL HEALTH

our necks, shoulders, back, hips, and abdominals suffer immensely from prolonged sitting - often resulting in postural misalignment and pain. movement can help to offset permanent damage and relieve discomfort.

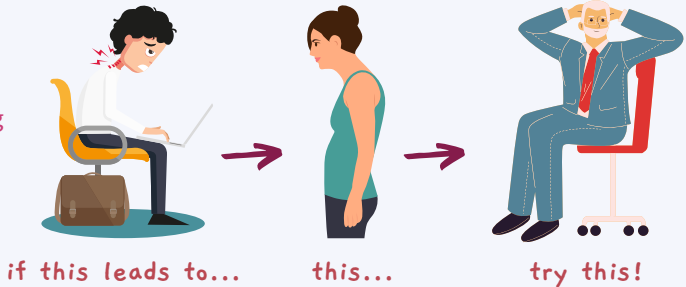


# office life:

## common pain points

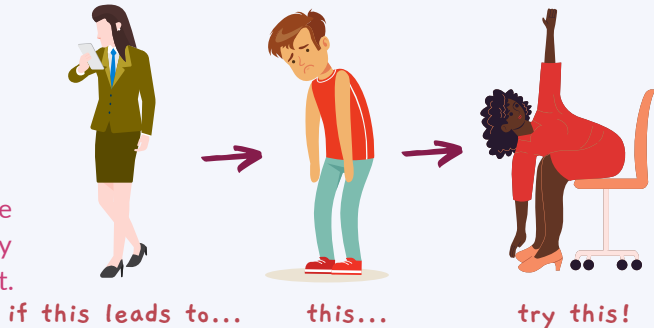
### neck/ shoulders

rounding of the shoulders after long hours of computer work can result in neck and shoulder pain.



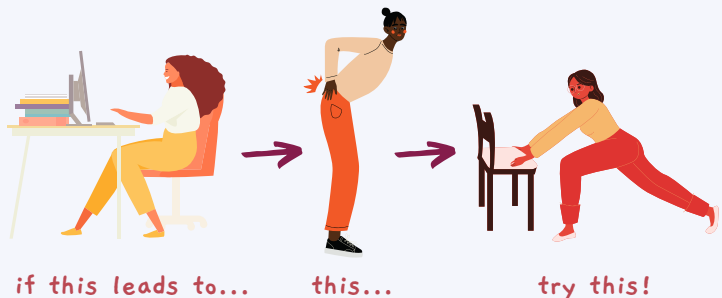
### upper back

looking down at a phone or screen can cause tightness in the upper back ultimately leading to discomfort.



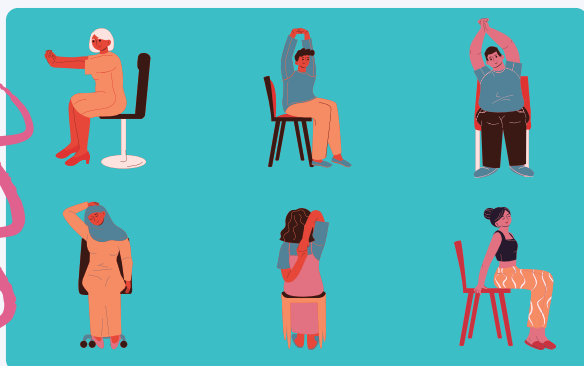
### low back/hips

sitting for long periods tightens the hips and can be the culprit for unwanted lower back pain.



# office life:

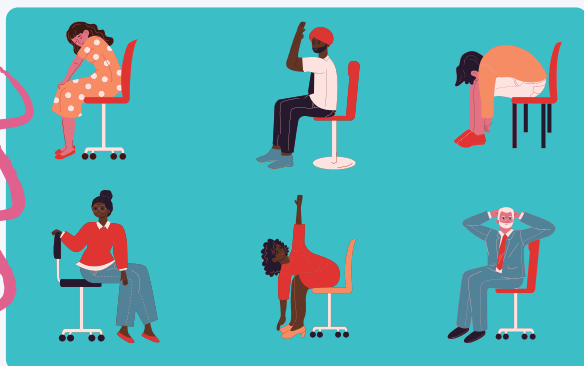
take a seat - chair mobility!



wrists & forearms



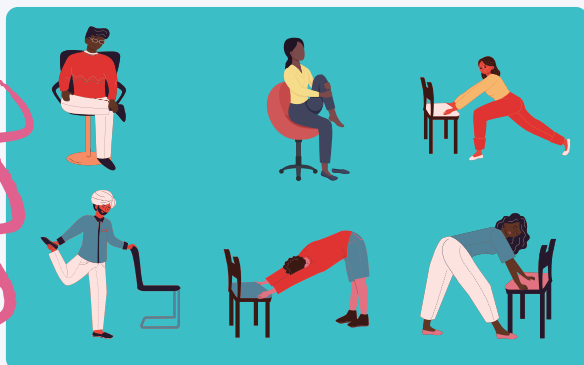
neck & shoulders



upper & lower back



thoracic spine  
& rotation



hips



quadriceps  
& hamstrings



TAKE GOOD CARE FITNESS

# open office mobility

guided mobility  
on demand!

loosen up  
at home or in the office



move well. move often

# loosen up:

guided mobility - optimal viewing

flawless  
streaming  
tips!

## TO DO LIST

- ☒ stream from a laptop
- ☒ stream from an android phone
- ☒ use chrome browser
- ☒ strong internet connection
- ☒ clear cache & cookies!



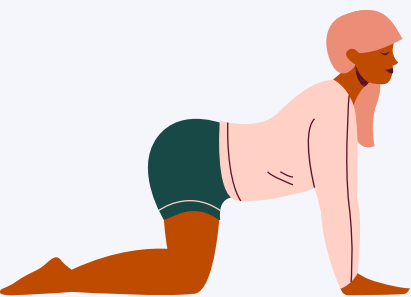
# loosen up:

guided mobility - full body flow



## wake up flow

wake the entire body up with this full body flow! dynamically move through shoulder, upper back, low back, and hip exercises geared towards loosening up the muscles and joints! click the link above!



# loosen up:

guided mobility - focused sessions

click the links below to focus on specific  
areas in your body!

wrists!



hips!



hips &  
low back  
(chair)!



hamstrings!



neck &  
shoulders!



upper  
back!




# loosen up:


## intro to foam rolling

foam rolling is an amazing way to work into your fascia (tissue surrounding the muscle) and inhibit tight musculature. rolling has been shown to increase mobility, speed up recovery, and help to reduce pain.


### quick facts:



foam rolling used to be referred to as "self myofascial release" until more recently being revised to "self myofascial rolling". this is because studies haven't proven that an actual "release" occurs. rather, (very simply put) foam rolling sends signals to the CNS to say, "simmer down, you're safe, loosen up!"



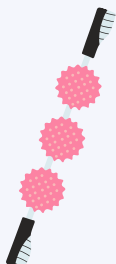
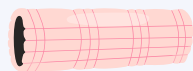
options! there are A LOT of foam roller choices - texture, density, diameter, color...so which one do you get? here's what we (\*kinda) know: the textured rollers may move the tissue a bit more. the smaller diameter, the more acute pressure. medium density rollers have been known to generate the most joint mobility. ultimately, a lot of it comes down to personal preference. choose one you will use and that feels good!



foam rolling 2-5 days a week is optimal! spend 4-6 active passes on each muscle group. if you find any tender spots (crunchies!) HOLD and breath into them for 30-60 seconds. (\*\*consider contraindications before rolling!)

\*studies on foam rolling and other myofascial techniques are still being conducted. we have a lot more to learn!

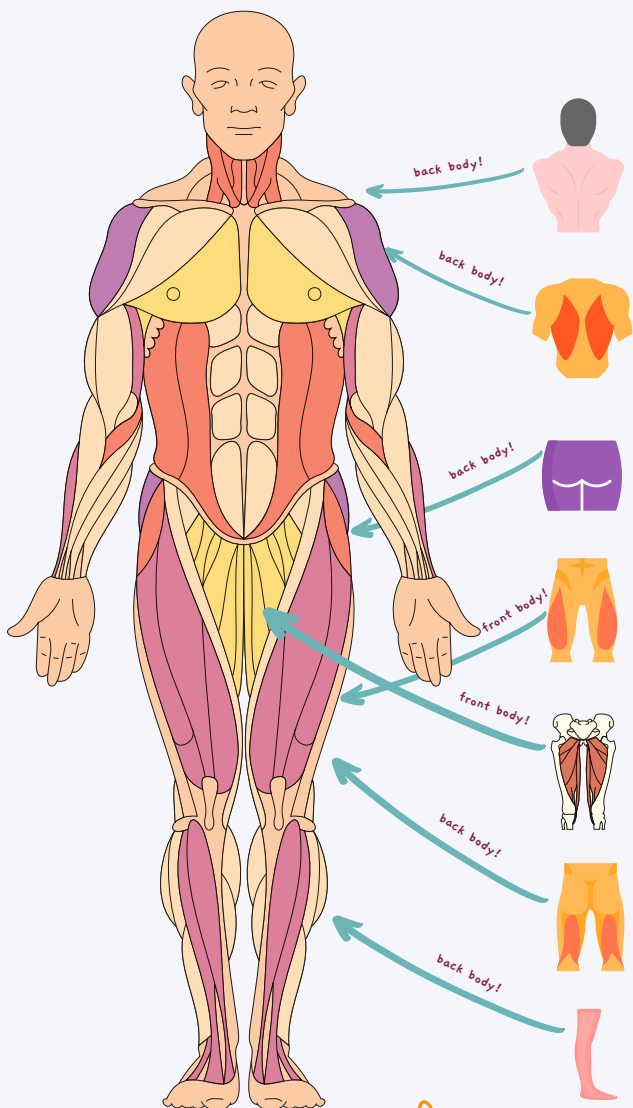
\*\* certain populations (ex: post injury, pregnant, hypertensive, elderly, etc) should proceed with caution and/or check with their doctor before foam rolling.





# loosen up:

## foam rolling checklist



upper back ✓

latissimus  
dorsi  
(back wings) ✓

glutes  
(that butt) ✓

quads & IT band  
(ouchy side of the  
upper leg) ✓

adductors  
(inner thigh)  
& hip flexors ✓

hamstrings  
(below that butt) ✓

calves  
(leg belly) ✓



# loosen up:

guided foam rolling



## foam rolling 101

if you haven't joined the foam rolling bandwagon yet, the time is NOW! whether you're brandy new OR not sure if you've been using your foam roller to the best of its abilities OR if you just need someone to tell you want to do, we'll go through how to hit all the major muscles (anatomy lesson - YES!), chat about when foam rolling is the most beneficial, and why the heck we are doing it anyway! so grab your foam roller and some comfy clothes and let's rock & roll



TAKE GOOD CARE FITNESS

# open office mobility

pro tips from an  
anti-diet dietician



written by amy sercel, registered dietician

center for health & wellbeing at UVM

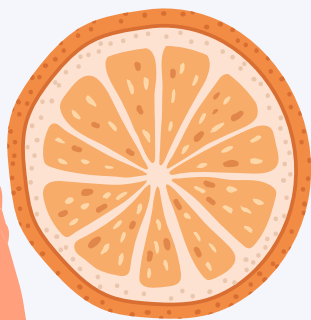


# nutrition

## registered dietitian vs nutritionist

### registered dietitian

"If you'd like more guidance with changing your eating habits, schedule an appointment with a Registered Dietitian. Dietitians are licensed professionals who completed a specific undergraduate degree and supervised internship program. In order to maintain licensure and stay up to date with the latest changes in nutrition science, dietitians are required to complete continuing education every year. Many dietitians also have graduate degrees and specialized expertise with various meal patterns, populations, and behavior change techniques, making them a great resource for accurate, nonjudgmental, and unbiased information".



### nutritionist

"Nutritionists, on the other hand, are not licensed professionals and are not required to complete regular continuing education. Someone who calls themselves a nutritionist might have completed a bachelor's degree in nutrition, or they might have completed an online certification program. The profession does not have the same oversight as a dietitian, and a nutritionist may not be able to give you the same specialized knowledge and experience".



# nutrition

## amy's nutrition basics

### keep it simple



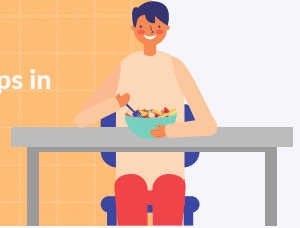
eat every 3-5 hours to keep your brain & body nourished!



include a variety of food groups in your meals & snacks.



notice your hunger cues!



### gentle

signs of hunger:

stomach growls

difficulty keeping your brain on task

thinking excitedly about what you'll eat next

### urgent

signs of hunger:

irritability

shakiness

stomach pains

### pro tips to avoid urgent hunger:



keep easy snacks at your desk!



set an alarm on your phone or computer to check in with your hunger level!

# nutrition

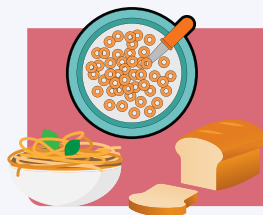
## importance of variety

"Your specific portion sizes will vary depending on your hunger level, what you ate last, what types of food you have available, how long you'll need to be sustained before you can eat again, and more! Here are a few guidelines to get you started thinking about creating a balanced plate"

grains

1/3 of  
your plate

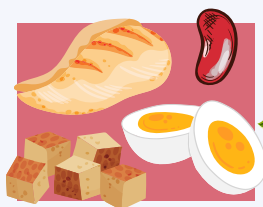
bread, pasta,  
rice, quinoa,  
oatmeal etc.



protein

1/4 of  
your plate

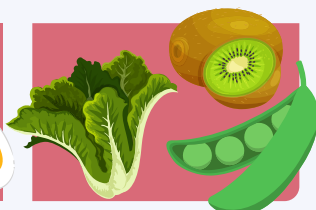
meat, poultry,  
eggs, tofu, seitan,  
beans, etc



produce

1/3 of  
your plate

apples, bananas,  
berries, leafy  
greens, peas,  
squash etc



fats & oils

1-2 thumb  
sized portion



dairy

a glass of milk, bowl  
of yogurt,  
or 1-2 thumb-sized  
portions of cheese



fortified  
soy milk  
is a protein-rich  
non-dairy milk  
alternative!!



EAT THE RAINBOW

"Different types of grains, protein, fruits, vegetables, and fats contain different vitamins, minerals, and antioxidants. When you include many sources from each food group, you're more likely to meet your vitamin and mineral needs - and, your meals will be much more interesting!"



# nutrition

health at every size



The most effective way to boost overall health is to focus on the health-supportive behaviors you want to practice. The idea of weight loss often comes to mind when people think about long-term health goals; however, the reality is that your weight is not a behavior. People who begin a diet program may experience short-term weight loss over the course of a few months, but any health benefits they experience on the diet are often more accurately attributed to changes in their behavior, like eating more fruits and vegetables, practicing mindful eating, prioritizing hydration, or getting more active.

These actionable behaviors will positively impact your health regardless of whether you experience weight changes. Centering your goals around the steps you can take is an empowering way to prioritize health for the long term.

People are often tempted to set goals with weight loss as the sole focus. This is understandable, considering the millions of dollars spent by the diet industry every year aimed at making people feel like they need to change their bodies. The diet industry will never tell you that the majority of diets fail. In fact, 95% of people who lose weight on a diet will regain all of the weight they lost, plus more, within 5 years. This cycle of weight loss and regain is emotionally distressing and can lead people to stop focusing on health-supportive behaviors altogether. In addition, weight cycling alone is a risk factor for lots of negative health outcomes, such as heart disease and diabetes.

It may feel hard to even consider putting a weight loss goal on the back burner. If this is something you're feeling stuck on, it may be helpful to reflect on your past experience working towards weight loss goals. How many diets have you been on in the past? What did those diets ask you to give up? Did the diets "work"? If so, how long were you able to maintain a lower weight?

*written by:  
amy sercel*



TAKE GOOD CARE FITNESS

# open office mobility

chats with a  
board certified  
athletic trainer



click for bio!

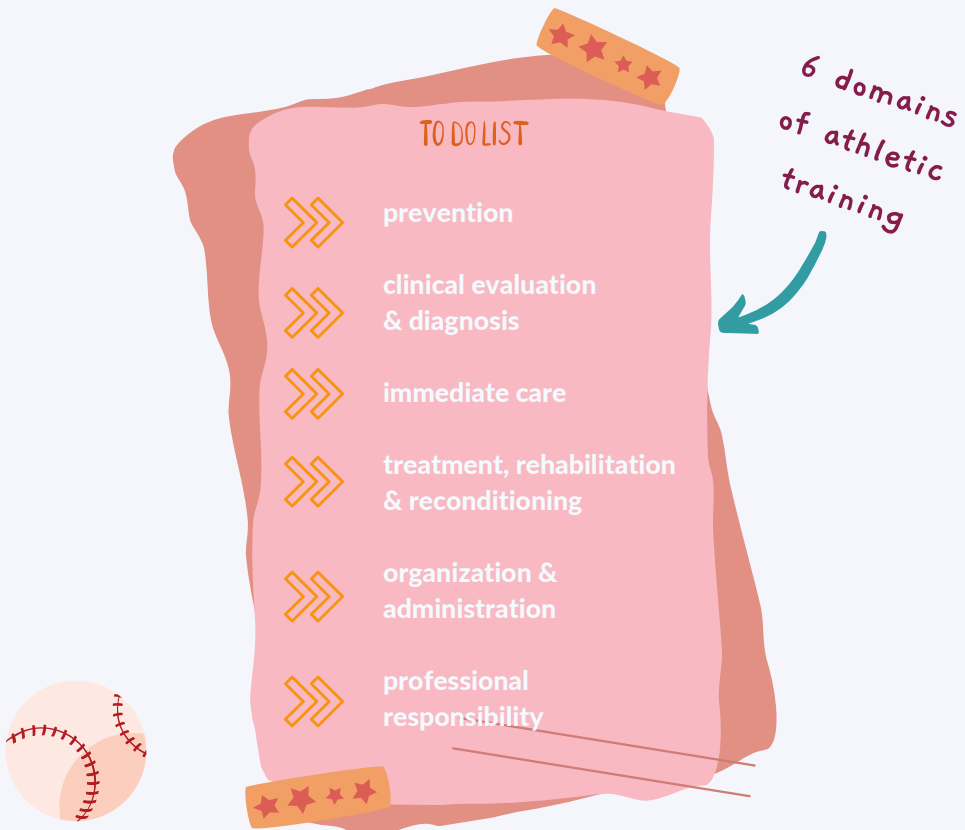
written by alex mellin, MS, LAT, ATC,  
CFSC, CES, PES at fordham university, NYC

# athletic training

who are they and what do they do?

## definition:

an athletic trainer is an allied health professional who practices in the field of sports medicine. you'll often find these skilled individuals working and supporting professional and collegiate level sports teams or (more rarely) in a classic gym setting.





# athletic training

so, what does it take?

## To DO!

earn master's degree in Athletic Training from an accredited university

## To DO!

pass a national Board of Certification (BOC) exam

## To DO!

obtain state licensure

## To DO!

maintain CPR & AED for the healthcare professional or CPR & AED for the professional rescuer

continuing  
ed

complete a minimum 50 hours of continuing education every 2 years



# athletic training

true life: a day in the trenches



...TELL ME  
EVERYTHING!



# athletic training

alex's hot take on mobility

read  
this!



## IMPORTANT!

mobility & rehab



"pain does not  
precede  
dysfunction."  
stanley paris

"the smoke is  
here, but  
the fire is  
somewhere  
else."

# athletic training

aren't all trainers the same?  
let's get real!

“but, what's the difference  
between an athletic trainer  
and a personal trainer  
anyway?”



Remember

- ☐ laundry
- ☐ stretch

READ ALEX'S  
ARTICLE:

AT'S & PT'S



# athletic training

why we warm up

written by alex mellin

“Warming up is critical. We have all heard coaches and experts on movement say this. Yet, for all the times we hear this, there still may not be a clear understanding of why it's important. It's very easy for us as professionals to want to explain to clients and patients the scientific rationale of why a warmup or exercise is important; it's even easier for us to geek out about all the details. I've realized over the years that most people just don't care about all the exercise science information. Most people just want to do their work and move on.

So, why do we warm up? Depending on who you ask, you will get many different explanations of the value of warming up. In simple terms, here's a list of why we prescribe warmups: ”



## *the whys of warm ups*

- raise body temperature
- rehearse movements that will happen during training
- promote specific muscle contraction patterns
- stimulate the brain prior to training

# athletic training

warm up A

programmed by alex mellin

## foam rolling

1

Thoracic spine  
Posterior shoulder  
Figure 4 (glutes)  
Hamstrings  
Calves  
Quads  
Groin

\*30 sec per side!

## dynamic stretching

3

Kneeling thoracic spine rib pulls (5x each side, 3 forced exhales at top with the intent to rotate further)  
Adductor rock – 6 each leg

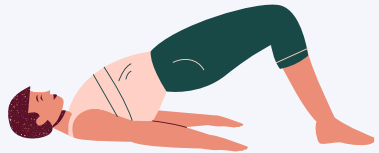


## stretching

2

90-90 hip  
½ Kneeling hip flexor stretch

\*6 breaths (6 sec inhale through nose, pause, 8 sec exhale through mouth)



## dynamic warm up

4

Walking knee hug  
Figure 4 with lift  
Reverse lunge to overhead reach  
Moving spiderman  
Walking quad stretch with overhead reach  
Lateral lunge  
Frankenstein kicks  
A skip  
High knee run  
Butt kick run  
Lateral bound with stick  
Bear crawl

\*10 yards each or 8 each side

# athletic training

more go to warm ups!

written by alex mellin

“ These are my go-to warmups for both myself and clients/patients I’ve worked with over the years. To me, it’s important to do things that are both simple and effective. Remember, the goal is to both prepare your body and mind to train. Warmups aren’t supposed to be super easy, if you feel like your heartrate is up and you’re starting to have to breathe a little hard, GOOD. That’s the point, you’re ready to do the hard training. ”



warm up a & b

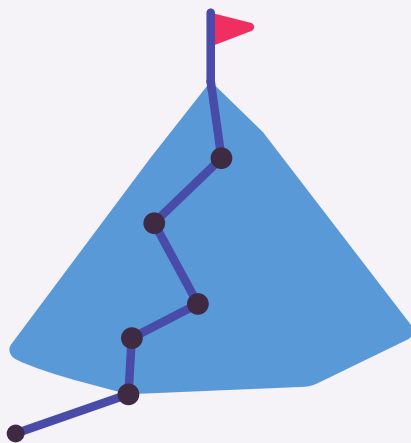
quick warm up

TAKE GOOD CARE FITNESS

# open office mobility

habits & goals

the real deal



'you are confined only by the walls  
you build yourself' - andrew murphy

# habits & goals

what's the difference?

## habit:

a behavior that is practiced or repeated until it ultimately happens subconsciously.

- ✓ eliminating biting your nails
- ✓ get up 30 mins earlier each morning
- ✓ drink water before coffee



## goal:

a result or outcome that one commits to and works to achieve.

- ✓ complete 10 push ups
- ✓ bike ride to work 3 days a week
- ✓ read a book a month



# habits & goals



the good, the bad & the...

habit cultivation and goal setting can both be amazing tools to enhance your life! on the flip side, they can also cause frustration, hyper focus, and disappointment. we must be **intentional** and **thoughtful** when introducing each into our world!

## habits & goals 101

### KNOW YOUR WHY

WHY does this matter  
in your life? what  
will it improve?  
why does it serve you?  
what will you gain?



### example

i want to get functionally  
stronger so that i can  
lift my toddler up without  
experiencing back pain

### GET SPECIFIC

get as specific, clear, and  
detailed as possible! the  
more fine tuned the  
parameters are, the more  
likely you'll crush it!



### example

instead of:  
i want to go to bed earlier  
try:  
i want to go to bed at  
10pm sunday-thursday

### HAVE A PLAN

create a detailed AF  
roadmap. write it out. tell  
your friends. whatever it  
takes. do your best to  
consider all the things!



### example

plan for:  
accountability, deviation,  
celebration, short term  
goals along the way, etc!





# goals

GOAL get it, friends!

most goals aren't realized because they lack proper planning and aren't specific enough. so, get clear and LET'S PLAN!

**as you articulate your goal, consider the following:**



**why** is this goal important to me  
and how does it align with my values?  
how will realizing this goal enhance my life?

---



what is my timeframe? is it realistic when considering  
my schedule and current obligations? what sacrifices will  
i need to make and am i willing to make them?

---



do i have a plan in place for recommitment? if  
i begin to lose sight of my goal, what objectives do  
i have in place to course correct?

---



accountability! do i need a squad? if yes, who? what level  
of support do i want? if no, ARE YOU SURE?!

---



is this a short term or long term goal? if long term, what  
will be my checkpoints/smaller goals to keep  
me going? if short term, do i need checkpoints?

---



how will i celebrate my wins (short and long term) when i  
hit specific milestones or realize the goal?

---



how do i want to feel after meeting this goal?  
AND what's next?!



# habits

stick it like simone biles!

## 5 pro tips for habits that LAST!

### STOP 'SHOULDING' YOURSELF



your new habit should be something you **WANT** to do, not something you think you *should* do. resist the trend if it doesn't serve and do you!

### LOSE THE 'GO BIG OR GO HOME' 'TUDE



**start small.** like, REALLY small. most habits don't stick because you try to *do too much, too soon*. it is much easier to ADD ON once the foundation is laid than it is to start at the top. you'll be singin', 'started from the bottom, no we here' one day, i promise! be patient.

### MAKE IT STUPID EASY



seriously. **make it SO easy** for yourself that even YOU are annoyed at yourself when you complain it was too hard. ex: working on less phone time in the evening? put the phone **UPSTAIRS**. not face down next to you. or on the coffee table slightly out of reach. literally on a different floor.

### STACK IT TO STICK IT



habit stack! **it is much easier to add on** to an existing routine than create a brand new one! if the new habit you want to adopt is washing your face each morning and you already shower at 7am each day, put your face wash in the shower. **BOOM! STACKED!**

### REEVALUATE & REEVALUATE AGAIN



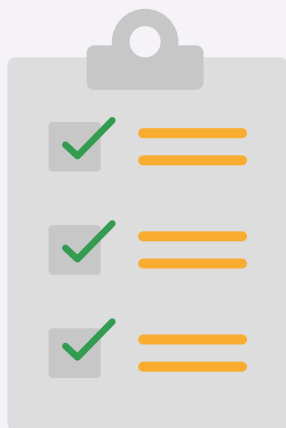
if you're doing all the things and the habit still isn't sticking, **don't be afraid to reevaluate**. change it up. adjust. shift. goals and intentions are meant to bend so try to get to the root of what's tripping you up and make necessary changes.

TAKE GOOD CARE FITNESS

# open office mobility

enhance your life!

lists, tips, & inspiration



you are one decision away from a  
completely different life

# 10 ways to detox and make space...



- 1.tidy your desk space
- 2.unfollow social accounts that make you roll your eyes, cringe, feel triggered, etc.
- 3.closet overhaul! purge/ donate old clothes
- 4.organize your computer desktop
- 5.delete unused apps on your phone
- 6.unsubscribe from email lists
- 7.clean out your purse, backpack, or briefcase
- 8.donate books you won't reread
- 9.prioritize hourly deep breaths
- 10.write down feelings of stress and discomfort.



# tough love office etiquette

## in the lunch room...



"wow, you're not eating much today" or "someone's hungry today!"



"your lunch looks delicious, what's in it?" or....NOTHING AT ALL



## in the office...



"are those pants or pajamas?" or "aren't horizontal stripes not flattering?"



"that is a wonderful color on you" or....NOTHING AT ALL

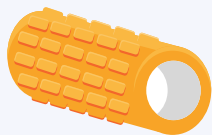


# top 3 BEST pieces of equipment for home



## resistance bands

resistance bands are excellent little gems to have in your arsenal! they are a really safe way to add challenge! they are also super inexpensive and easy to travel with!



## foam roller

your new best friend! foam rollers are a wonderful way to introduce mobility on a daily basis. with your body weight alone, you can inhibit tight muscles, enhance mobility, and find some relief!



## dumbbells/kettlebells

unpopular opinion: you can do A LOT with a couple dumbbells/kettlebells! you honestly don't need much to ramp up your at home sessions. pro tip: grab 1 set of light/medium and 1 set of heavier weights and you've opened up a whole new world!

**BONUS**



click the titles for a link to my faves!

# social detox: unfollow, mute, hide, unfriend if....

1. you feel negative thoughts about your body
2. you begin to compare yourself or your life to theirs
- 3.

