



Ultimate Guide for Office Yoga Wheel



- ⚡ Learn how to use The office yoga wheel
- ⚡ Smoothie 101 formula

- ⚡ Create a habit (no will power required)
- ⚡ 5 simple tips to reset your health.



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Finally, use your mind (body and soul as well). Nothing in this guide is intended to replace common sense, legal, medical or other professional advice, and is meant to give the reader tools and suggestions for a healthier lifestyle.

*Be Present, Be Yourself,
Be Inspired, Work(in)*



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INTRODUCTION



*Start small. Start where you are.
Start Today.*



Thank you for allowing us to guide you in. The most loving thing you can do for yourself is taking care of the body that you live in. It may seem overwhelming at first but it doesn't have to be. You are no longer alone. This is a journey and we are here for you.



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*Before you respond, listen.
Before you react, breathe.
Before you give up, try*
- Janna Lozowsky



HOW TO USE THE OFFICE YOGA WHEEL

- Start slow. It's easy to lose balance when getting started so make sure you are grabbing your Yoga Office Wheel with both hands before getting started.
- The yoga office wheel can be used for core, stability, forearm and handstands but it was born for backbends.
- Use your Yoga Wheel to assist or challenge hundreds of yoga poses.



5 REASONS YOU SHOULD USE THE YOGA OFFICE WHEEL

Improve your posture Whether you work an office job and are sitting for long periods of time or you are looking at your cellphone we have a tendency to hunch and round our shoulders.

The office yoga wheel helps counteract the damage of bad posture by bending the spine in a direction it isn't used to. They help to realign our vertebrae while at the same time stimulating the sympathetic nervous system. They open the chest, lengthen the spine and strengthen the upper back, all of which help our posture.



Open up the shoulders and chest Backbends are great for helping open the shoulders and chest – an area where many of us hold tension. By creating space in our chest we also increase our lung capacity.

Strengthen your back muscles. Gain spinal strength by using the Office Yoga wheel during backbends

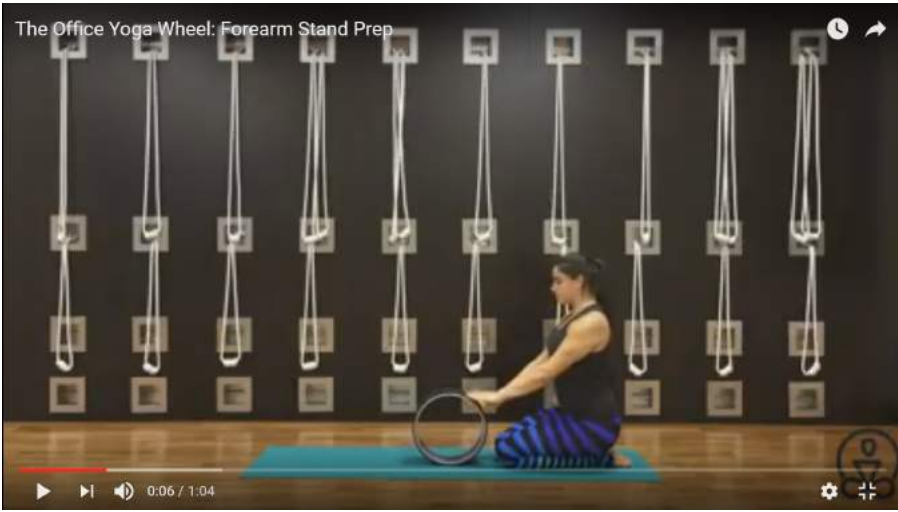
Gain energy Back bending is a great way to give yourself a boost of energy. Feel the rush of energy as it invigorates your whole body. We recommend using your Office Yoga Wheel first thing in the morning as using it instead of your morning coffee.

Improve breathing. By opening up your chest you will increase the amount of oxygen in your lungs. Decades worth of research has shown that regular and mindful breathing can reduce stress, cortisol levels in your body help one focus and concentrate throughout the day.

Warmup



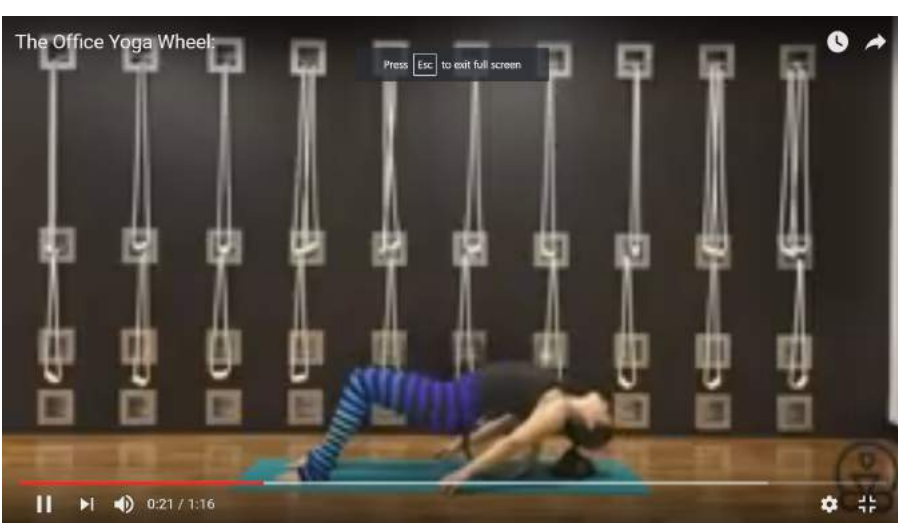
The Office Yoga Wheel: Full Wheel Warm Up and Prep, Chest Opener



The Office Yoga Wheel: Forearm Stand Prep



The Office Yoga Wheel: Dancer Pose, Balance and Stretch



The Office Yoga Wheel:



The Office Yoga Wheel: Side Body and Adductor Stretch



The Office Yoga Wheel: Core and Shoulder Activation in Plank



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Exercises

Balance and hip opener



Supported forearm backbend



Stability plank



Tricep and collarbone stretch



Stability plank



Side body stretch



Hamstring and lower back stretch



Reverse plank



Upper back stretch



Stability dancers pose



Open hip twist



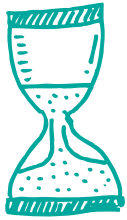
Full lotus back stretch



Forearm stand hollow back variation



CREATING A HABIT



1. Visualize. Take the time to explore what the ideal version of yourself looks and feels like. Here are some questions to consider: what type of food do you eat? How do you feel when you move your body? How often do you stretch? How do you feel when you exercise? How do you feel when you wear an old pair of jeans? How do you feel after you eat? How do you feel when you accomplish a goal you thought was un-achievable?



2. Find the Why. Motivation is crucial to success. You need to be clear on your 'why' before you decide to move forward. Why do you want to create change? Why does this have a major meaning in your life? Why is it important for you to do it now? Make a list of your WHY's and review it regularly, especially when feeling low or unmotivated.



3. Keep it on a visible place. Make a post-it with a few words that remind you about your wellness vision and place it in your bedroom mirror or the dashboard of your car.



4. Make a plan. Choose the days and times you will be working(in). Add them to your calendar: they will become as important as a doctor's appointment (no cancellations, no matter what)



5. Share your resolutions with The Work(in) and friends. Take pictures of your wellness board and post them @theworkinmovement. Sharing and talking about it makes it easier to do. Thoughts and ideas become more solid and real when spoken out loud.



6. Reward yourself for every little accomplishment. If your intention is to lose weight and you lose one pound a week, pamper yourself with a massage, a new book, or a trip to the movies (not a tub of ice cream).



FOR THE BODY

THE STARTING LINE: Adding these suggestions one at a time is a great way to get started. Slow and steady wins the race—truly.



HYDRATE

Get off to a good start by drinking a glass of plain ole' water before you get out of bed (you can also add lemon juice for its detoxification properties). Hydration is key, to energize your muscles, and make your skin feel better; plus, when we're hydrated, it can be easier to make healthy food choices. Carry around a water bottle and be aware of how much water you are drinking during the day.

GO GREEN

The more colorful your plate is, the more nutrients you are getting. A smoothie or a simple green juice is an easy way to add more greens into your everyday diet. Aim for a veggie or green per meal.



PACK SNACKS

We're really busy and we can't always plan out every little detail. Having healthy food around will help you make healthy choices. Don't wait until you are starving. Make sure your diaper bag is always packed with a snack for you! Seasonal fruits, trail mix, seaweed, carrots, are some of our favorites.

EAT AT HOME

The more often you prepare your meals, the cleaner you will be able to eat. This step alone will change the way you feel. When cooking in high heat use coconut oil, avocado oil, or ghee.



EXERCISE

Physical activity helps regulate our metabolism, promotes better sleep, and keeps us on track with healthy eating. Regular exercise helps us make wise food choices for the long haul.



SMOOTHIE 101

Smoothies are the greatest fast-food. All you need is a blender and you can throw together a powerhouse of nutrition in no time at all. These make an amazing breakfast, as they contain all the protein, fiber, and good fats we need to feel balanced, satiated, and energized. Smoothies are an awesome way to get an abundance of raw goodies into our bodies in a highly-digestible form. If you are like me and don't feel full after drinking a smoothie, try eating it with a spoon: it will slow you down and make you feel more satiated.

This guide will help you build your own in no time.

STEP

1



Liquid 1 cup

Almond Milk, Cashew Milk, Rice Milk, Coconut Water, Water...

STEP

2



Leafy Greens 1 to 2 cups

Kale, Collard Greens, Spinach, Romaine...

STEP

3



Fruit or Sweet Vegetable 1 to 1 ½ cups

Banana, Apple, Pear, Sweet Potato, Mango, Pineapple *If you are using fresh add ice.

STEP

4



Good Fat

Avocado (1/4- ½), Coconut Oil (1 Tbsp), Almond Butter (1 Tbsp), Peanut Butter (1 Tbsp)

STEP

5



Sweeten (You can always skip this step)

Stevia, Honey, Dates.

STEP

6



Add Ons

Chia, Flaxseed, Protein Powder, Spirulina, Maca, Ginger, Turmeric, Cinnamon, Goji Berries



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