

Health and Fitness in the Workplace

SYNOPSIS:

Jimmy Howard, fitness trainer

"Staying fit is like anything else that requires work, you can feel run down, mentally fatigued or bored to name a few. When this happens you must take a plan of action to fix it, long periods of doing nothing (positive) only hurts you in the long run. The fix is simple, take a short break, relax the mind and body eat fruit and continue to drink plenty of water. The thing to keep in mind is once you stop working out your body still wants fuel (food), you must continue to keep good eating habits, perform push-ups and sit-ups to keep the muscles active and working. Taking a break doesn't mean stopping everything, just curb/tailor your workouts to meet your needs (mentally). This can be anything from cardio to just walking, whatever your preference is you must try to keep your metabolism up. Take care of your body with rubdowns and spa treatments and remember the majority of the time it's not the body as much as the mind that needs a break! Aches and pains are common when working out however, mental fatigue and frustrations caused by stress and other things in your life can alter your behavior and attitude at anytime! It's your health and all you do center's around it, get revitalized and re-FOCUSED when needed, there's only one you"