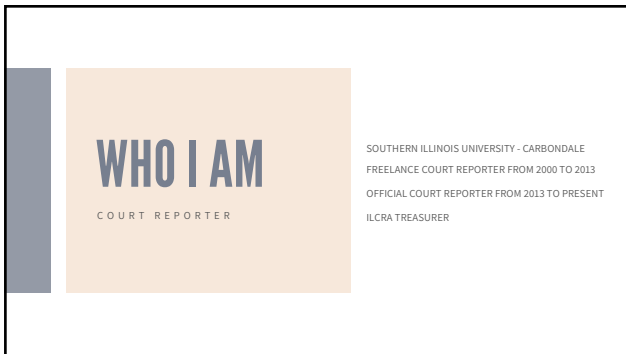


1



2



3

**WHAT I AM
PASSIONATE
ABOUT**
FITNESS

WEIGHT LIFTING
YOGA AND STRETCHING
DEEP CORE AND PELVIC FLOOR STRENGTHENING
CORRECTIVE EXERCISE
FUNCTIONAL MOVEMENT

4

SEMINAR TOPICS

BREATHING

POSTURE

STRETCHING

PHYSICAL ACTIVITY

5

BREATHING

HELPS REGULATE
INTRA-ABDOMINAL
PRESSURE

HELPS TO RELIEVE
TENSION

DECREASES STRESS
HORMONES

PROMOTES
PARASYMPATHETIC
ACTIVITY

PROMOTES HEALING

NATURALLY
DECREASES PAIN

6

HOW TO 360-DEGREE DEEP BREATHE

<p>SIT COMFORTABLY, LENGTHEN UP THROUGH THE SPINE, AND PLACE HANDS ON LOWER RIBS</p>	<p>INHALE DOWN THROUGH NOSE WITH FRONT, BACK, AND SIDE EXPANSION</p>	<p>EXHALE FULLY THROUGH MOUTH</p>
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7

HOW TO ALTERNATE NOSTRIL BREATHE

<p>SIT COMFORTABLY, LENGTHEN UP THROUGH THE SPINE, AND REST ONE HAND ON YOUR KNEE</p>	<p>WITH YOUR THUMB, CLOSE YOUR LEFT NOSTIL</p> <p>EXHALE THROUGH YOUR RIGHT NOSTRIL</p> <p>INHALE THROUGH YOUR RIGHT NOSTRIL</p> <p>RELEASE THE LEFT NOSTRIL</p>	<p>WITH A FINGER, CLOSE YOUR RIGHT NOSTRIL</p> <p>EXHALE THROUGH YOUR LEFT NOSTRIL</p> <p>INHALE THROUGH YOUR LEFT NOSTRIL</p> <p>RELEASE THE RIGHT NOSTRIL</p>
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8

POSTURE

<p>THERE IS NO PERFECT POSTURE</p>	<p>ALMOST ANY POSTURE OR POSITION IS FINE AS LONG AS YOU DON'T STAY THERE TOO LONG AND IT DOESN'T HURT</p>
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POSTURE
BAD HABITS TO BE AWARE OF

- Forward Head
- Jaw Clenching
- Mouth Breathing
- Shallow Breathing
- Rib Gripping
- Flared or Thrust Ribs
- Glute Clenching
- Shifting to One Side
- Standing on Outside or Inside of Feet

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**JAW
 CLENCHING**
 BE AWARE!!!

INCREASES
 Neck and shoulder tightness, headaches, and shallow breathing

DURING THE DAY
 Happens when you are distracted, stressed, anxious, or concentrating

DURING THE NIGHT
 Meditate before bed or wear a night guard

DECREASE JAW CLENCHING
 Tongue Positioning
 Hum
 Relax face, jaw, throat, and tongue
 Dots

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**STANDING
 POSTURE**

**STAND AND COME TALL
 EQUALLY FROM THE FRONT
 AND BACK - RETRACT YOUR
 CHIN - PLACE HANDS ON
 LOWER TORSO**

**INHALE A BIG, POWERFUL,
 SHORT SNIFF**

**FEEL ABS GO OUT AGAINST
 YOUR HANDS**

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SEATED POSTURE

HEAD IN LINE WITH TORSO

ROLL SHOULDERS UP, BACK, AND DOWN

ELBOWS AND KNEES AT 90 DEGREES

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WHY DOES MY LUMINEX II TILT?

The Luminox II can tilt 70 degrees in either direction, allowing you to find the position most comfortable for you. Take a look at our examples of how you can care for your body while writing.

The Luminox II is positioned low and close to the body with the keys tilted up. This allows the writer's hands to rest flat on the keys and remain well supported.

The foot rest is in the "open" position. Adjusting the foot rest allows it to be used in a variety of ways, such as a foot rest, a foot rest, or a foot rest.

Proper seat height and good upper body posture are essential to ensure proper use of the work.

Proper seat height and backrest position are essential to ensure proper use of the work.

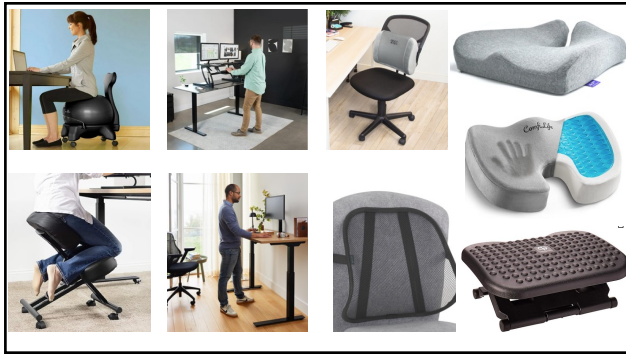
I make a living writing on a clean machine every single day. Why wouldn't I invest in the best tool for the job? With the Luminox II, I can sit and write for hours with no fatigue or wear and tear on my wrists and arms. Thanks to the Luminox II, I can enjoy my job year after a working year, with no end in sight!

Diana Wilkes, 819-395-1281

<https://blog.stenograph.com/2020/05/26/why-does-my-luminox-ii-tilt/>

To learn more, visit www.stenograph.com/luminox_ii



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Tripod		Lap Desk	
			
Pros	Cons	Pros	Cons
<ul style="list-style-type: none"> • Size - Fits in bag • Height - Adjustable • Tilt - Adjustable • Floor-based - No need to "find a place to set it" when you stand up 	<ul style="list-style-type: none"> • Wrist - No wrist support unless you purchase extra tripod accessory which requires additional setup • Arms - Further away from body, requires more extended arms, potential shoulder / neck strain • Chair - Requires a "short" seat depth to accomplish back support (unless you're tall) • Stationary / Does not move with body (cannot swivel / rock) 	<ul style="list-style-type: none"> • Built-in wrist support (unless you purchase extra tripod accessory which requires additional setup) • Arms - Closer to body, L-shaped arms (90 degree), relaxed neck • Chair - depth doesn't matter. Back support is always available • Moves with body (swivel / rock) 	<ul style="list-style-type: none"> • Size - Does not fit bag • Height - Not adjustable • Tilt - Not adjustable • Lap-based - Requires you to find a place to set it during breaks

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STRETCHING

BENEFITS OF STRETCHING

- Stress and Anxiety Relief
- Decreased Injuries
- Decreased Pain
- Improved Mobility
- Improved Performance
- Improved Range of Motion

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STRETCHING FOR COURT REPORTERS


HANDS


CHEST


NECK


BACK


SHOULDERS


HIPS

20

LEGS UP THE WALL



21

EQUIPMENT TO KEEP HANDY

- | | |
|-----------------|---------------|
| Foam Roller | Hand Massager |
| Small Firm Ball | Thera Cane |
| Loop Bands | Yoga Blocks |
| Flat Bands | Yoga Strap |
| Massage Gun | Yoga Mat |

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PHYSICAL ACTIVITY



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PHYSICAL ACTIVITY

BENEFITS

- Increases Bone Density
- Improves Energy
- Improved Balance
- Improved Social Relationships
- Improved Sleep
- Improved Mind-Body Connection


IDEAS

- Yoga
- Weight Lifting
- Group Fitness
- Walking/Running/Hiking
- Biking/Spinning
- Swimming
- Dancing
- Tennis/Pickle Ball



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PHYSICAL ACTIVITY TIPS



- Start Small
- Always Warm Up and Cool Down
- Focus on Form - Hire a Trainer
- Stay Hydrated
- Soreness is Not an Injury
- Keep a Fitness Journal
- Eat Right for You - Hire a Dietitian
- Find a fitness buddy and keep each other accountable
- Find the activity that is right for you
- "I GET to work out" instead of "I HAVE to work out"
- Invest in yourself
- Weigh choices versus consequences
- Weigh costs of doing versus not doing

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NO MORE EXCUSES

I don't have time!

I don't have energy!

I don't have motivation!

26

EXERCISE GIVES YOU ENERGY!

"PEOPLE WHO REGULARLY COMPLAINED OF FATIGUE INCREASED ENERGY LEVELS by 20% with regular, low-intensity exercise, according to a 2008 University of Georgia study."

27

SMART GOALS

- Specific
- Measurable
- Attainable
- Relevant
- Time-Based

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A FEW MORE THINGS

- PAIN SALVE
- FUNCTIONAL MEDICINE
- HORMONES
- SUPPLEMENTS
- CHIROPRACTIC
- MASSAGE
- MEDITATION
- HOBBIES
- SPA DAY
- THERAPY
- MEDICATION

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THANK YOU FOR JOINING ME!

Contact me with any questions!

kroert@gmail.com
Facebook - Andrea James Jent

www.blossomfitnesswf.com
(Under Construction)



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