

Wellness at Work

Charline Jones

Commonwealth Games
Silver Medalist
in Track Cycling

OWNER OF
DYNAMIQUE FITNESS
ONLINE HUB

DYNAMIQUE
FITNESS.

The logo for Dynamique Fitness features the word "DYNAMIQUE" in a bold, black, sans-serif font. A blue lightning bolt graphic is positioned between the "M" and "Q". Below "DYNAMIQUE" is the word "FITNESS." in a blue, outlined, sans-serif font.

HOW EXERCISE CAN HELP YOU AT WORK

- Increased HR pumps more oxygen to the brain.
- Promotes brain plasticity by stimulating growth of new connections between cells in important areas of the brain.
- Increased growth factors in the brain with makes it easier for the brain to grow new neuronal connections.
- A natural antidepressant – more cell growth in the part of the brain responsible for learning and memory.



TOP TIPS FOR SITTING AT A DESK ALL DAY

- Protect your lower back and use a towel
- Set a timer to stand every 25mins (Focus to-do)
- Factor in 2-3 walks a day (10-15min walks) 10,000 steps a day if you do no other exercise
- Desk mobility
- Standing Desk
- Factor in daily exercise
- Workout from home



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The logo for DYNAMIQUE FITNESS. The word "DYNAMIQUE" is in a bold, black, sans-serif font. A blue lightning bolt symbol is positioned between "DYNAMIQUE" and "FITNESS". The word "FITNESS." is in a smaller, blue, sans-serif font below "DYNAMIQUE".

MANAGING STRESS

- ♦ Meditation (head space or calm)
- ♦ Yoga
- ♦ Pilates
- ♦ Breathing Practices
- ♦ Wim Hof Method



THREE HIIT WONDER

- 15-20min workouts
- Pilates, Yoga, HIIT, Equipment sessions
- Online Community
- Weekly Motivational Emails



POWER YOUR RANGE

- A MIXTURE OF YOGA AND FUNCTIONAL RANGE CONDITIONING
- JOINT HEALTH
- GOOD IF YOU NEED MORE RANGE IN YOUR JOINTS
- GOOD IF YOU NEED MORE STABILITY IN YOUR JOINTS
- STRENGTH THROUGH RANGE
- 8 X 35-50MIN SESSIONS A MONTH PLUS 10-15MIN BONUS SESSIONS

The logo consists of the words "POWER YOUR" stacked vertically in a black, sans-serif font. To the right of these words is a vertical yellow bar. To the right of the yellow bar is the word "RANGE." in a larger, bold, black, sans-serif font. A small yellow dot is positioned at the end of the period in "RANGE." The entire logo is centered within a white, shield-shaped area with a dotted border.

WHERE TO FIND ME...

- Website: www.dynamiquefitness.com
- Instagram: @dynamiquefitness
- Facebook: Charline Joiner
- Email: dynamiquefitness123@gmail.com

