

# YOUR POWERED UP WORKSPACE

**SUPERCHARGE YOUR WORKSPACE TO:**

- ✓ LOSE FAT
- ✓ GAIN ENERGY
- ✓ BOOST CREATIVITY
- ✓ GET MORE S#!T DONE

Ror Alexander

Fitness | Health Coach  
BarbellsToBuddas.com  
Barbells To Buddhas Podcast





# MOVEMENT

Move for your mind.

## The Digital Standing Desk

Look for one that has user settings, and a wide range of heights, my Anthrodesk allows me to use a 12 inch stool, right up to full standing.

*Note - Ikea sells these.*



## The Sit to Standing Convertor

For those of you who would prefer to have an addition to your current desk, these convertors work very well, and I have one in my gym front desk.

They also range in style and price with a few 'minimalist' styles now available.

## The Laptop Switch Up

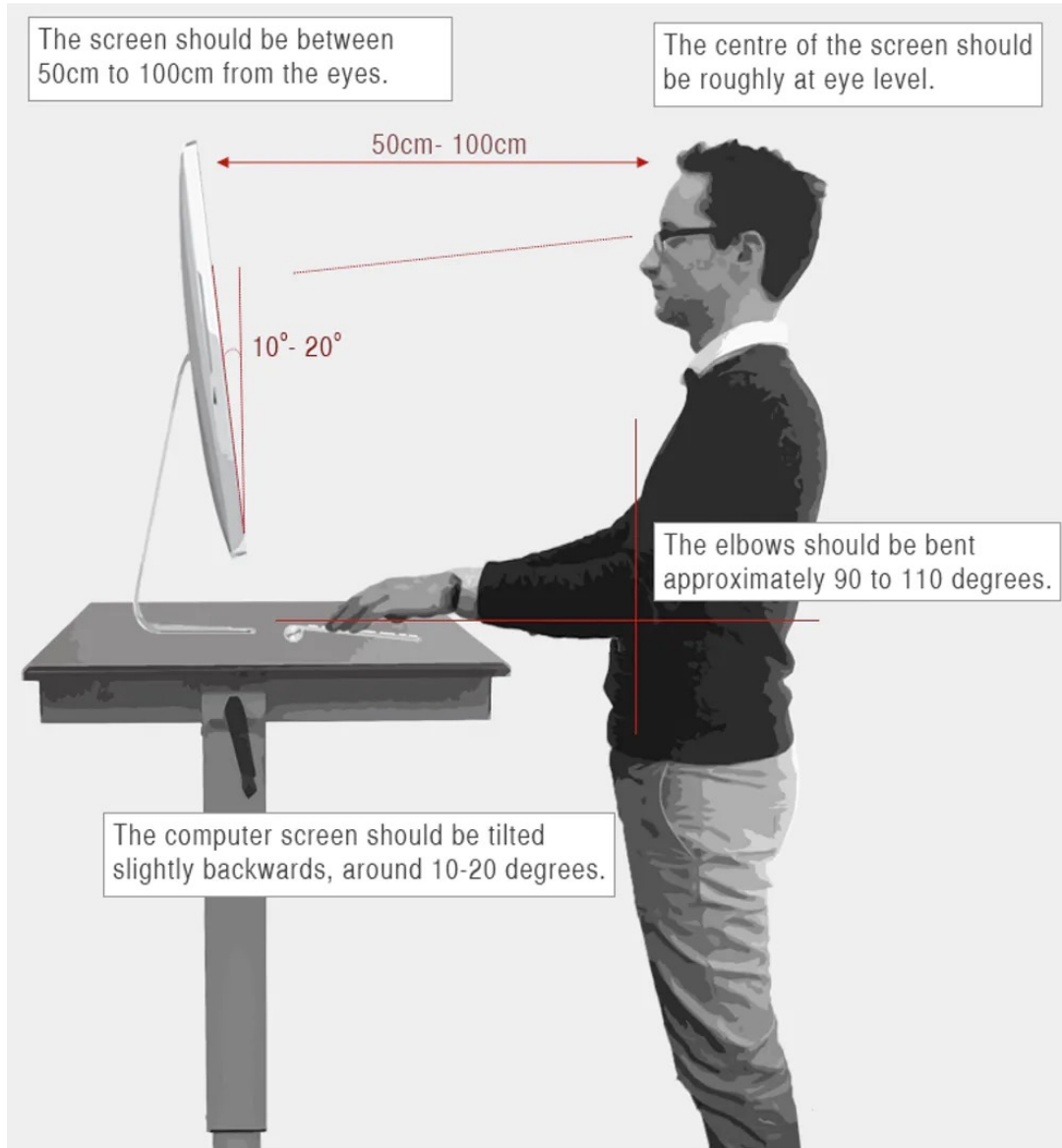
Laptops are finally getting they due in the standing realm as well, and travel or minimalist options like the DeskView 'stick it on any glass surface' are becoming more common. See next page for valuable tip.

<https://www.amazon.com/DeskView-Portable-Adjustable-Window-Mounted-Tool-Free/dp/B07C5CZ61X>



## MOVEMENT

# ERGONOMICS OF STANDING



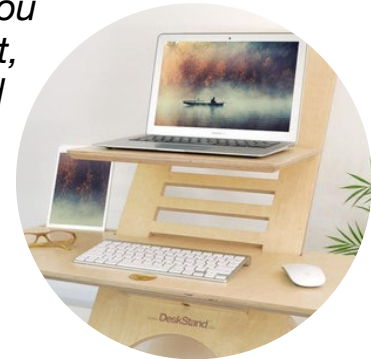
While standing is a great way to get more movement into your day, and becomes pretty much a requirement of all my working coaching clients at some point in their journey, you do have to make sure you are seeing it up properly.

### Key areas are:

- Neck alignment; avoiding looking down (texting neck)
- Elbow placement to avoid wrist issues.
- Screen distance to avoid eye strain / glare.
- Lower body joints (see note below)

### Tip on laptops.

Due to the nature of the keyboard, laptops will work for you a LOT better if you place the screen at eye height, and use a bluetooth keyboard and mouse.



**Pro Tip - Do not forget your fatigue mat. Ive met some people who say they don't do much, or anything, but this is 100% wrong, and if you want to test it, try using one for a day, then not using one for a day.**





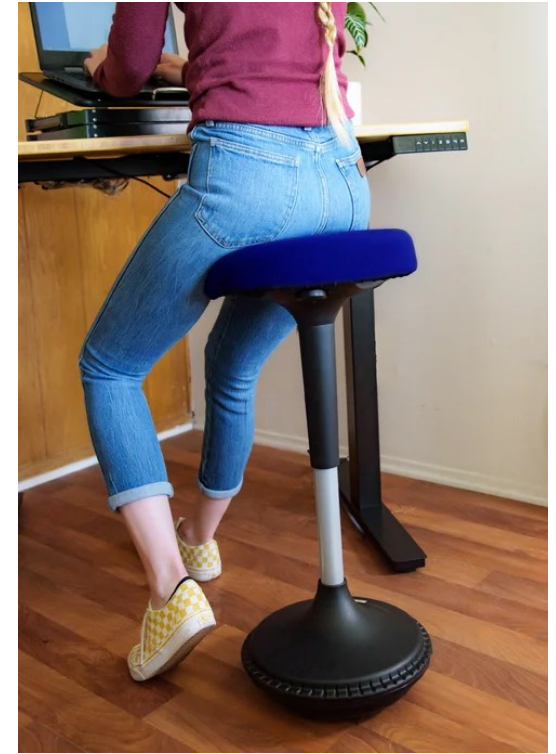
# MOVEMENT

# SITTING

Standing is great, but we all need, and want to sit, but there are many ways to get some more movement into our sitting time as well that will allow us to stay a bit more active, core engaged, and stretch our muscles. And truth is you don't want to stand all day either, the best advice I have is to change both heights and positions as often as possible.



The Zenergy Office Seat  
[https://www.amazon.com/dp/B00934G9RW//ref=cm\\_sw\\_su\\_dp?&tag=vurnicom-20](https://www.amazon.com/dp/B00934G9RW//ref=cm_sw_su_dp?&tag=vurnicom-20)



Lean Stools



Gym Ball with a back rest  
<https://www.amazon.com/Gaiam-Classic-Balance-Ball-Chair/dp/B006JBWYDA>



Vivora Luno Ball Seat  
[https://www.amazon.com/stores/Vivora/page/EB1219C2-67D9-4B3B-AAA6-11B29949B83C?ref=ast\\_bln](https://www.amazon.com/stores/Vivora/page/EB1219C2-67D9-4B3B-AAA6-11B29949B83C?ref=ast_bln)



Varier Variable Balans Original Kneeling Chair  
Designed by Peter Opsvik



The floor just isn't for kids! I take most Zoom calls there!

*Pro Tip - Note on using a gym ball: lately I have heard many health coaches advising AGAINST using balls as seats, but if you do it smart, using it only as an option, and breaking it into it slowly over time, it should be fine. You Cana also look for ones with a back rest as I have shown on this page.*



# MOVEMENT TOOLS



Desk Steppers



Don't forget the fatigue mat  
(above)



Walking Treadmill (above)

< Whole Boards



Feet Swings / Hammocks

<https://www.upliftdesk.com/foot-hammock-uplift-desk/>

# BRAIN POWER SCENTS

Scents are very rarely thought about, but they can have a powerful impact on your mood, energy, maybe even immunity.

Cypress gives a “forest” feeling, and mixes well with patchouli and pine. May also boost immunity.



Rosemary has shown very good memory boosting capabilities.



Peppermint is a very well studied focus booster.



Citrus give off a “clean and fresh smell” that many find pleasing and energizing.



Thieves oil is known to fight viruses. Great during cold and flu season.

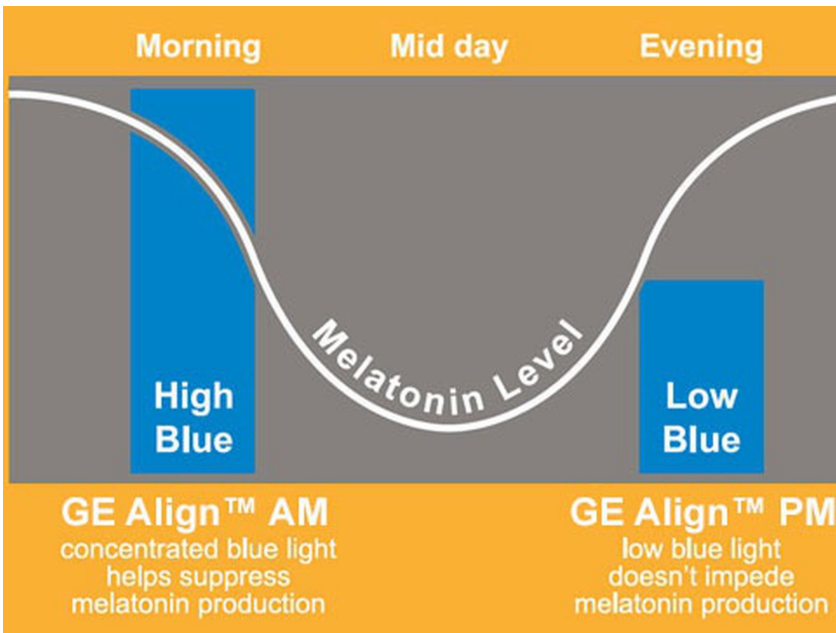


Rose is considered one of the most anxiety reducing oils. Lavender is also popular for relaxation.

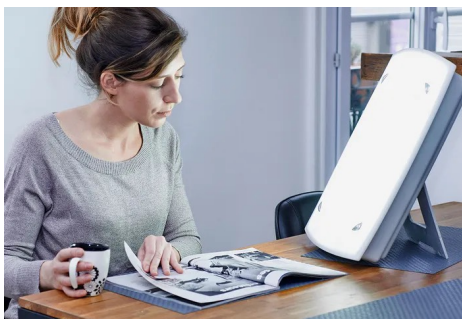


# BRAIN POWER LIGHTS

Lighting has powerful affects of your sleep-wake cycle. From feeling awake and focused, to helping promote relaxation and tiredness.



A high blue light surpasses melatonin (daytime yes!). A low blue does not impede melatonin (nighttime yes!). Make sure to use the right ones at the right time!



< I keep a SAD lamp at my desk and use in the mornings.



GE has a great line with their Align series. A bulb for morning, a bulb for evening. I like 4-5K for day, and a very low, dim, yellow/red light at night.



< The Bedtime Bulb we use throughout my home after 7pm. Use this link to save 15% <https://bedtimebulb.com/ror>



I use a "sunrise" lamp to wake up naturally







# ABOUT ROR ALEXANDER



## A New Era in Health & Fitness is Here

Ror Alexander is a world travelled fitness and healthy living expert. Beginning his journey into health and fitness at around 17 years old to lose a bit of weight, his love of health and movement has literally taken him around the world and back many times.

After attending McMaster University for health sciences, then living in Vancouver, Canada, Ror became bored and disillusioned with our very limited view of health & fitness, and this sent him on a still continuing 7 year journey, traveling and experiencing Asia while discovering its many aspects; traditions, foods, religions, and cultures. In India he dove deeper into his interests in Ayurvedic medicine, and Yoga. In Thailand he learned more about meditation, Buddhism, cooking and being happy with less. In China he discovered traditional Chinese medicine, herbs and Feng Shui, and he has collected more knowledge through these travels that could ever be listed here.

## Personal Coaching For You and Your Goals

Together with his knowledge accumulated from the traditions and ancient practices of the East, with his deep investment and research into the modern health and exercise sciences of the West, he developed his **bagúa of health**, a novel look at how you and your environment interact for long term health. He also hosts the **Barbells To Buddhas** podcast.

**Ror is available for 1 on 1 Personal Health & Fitness Coaching at you can set up a 100% FREE personal call and application to work with him by visiting [www.roralexander.com/freecall](http://www.roralexander.com/freecall).**

Answer the quick survey on the bottom of the page, and get ready to start living Stronger, Longer, and Better today.