



Special Report:

Alicia Health & Energy Tips
for Job Seekers

Katherine Moody: Hi! This is Katherine Moody Moody from HR Job Search Secrets, and welcome back to another podcast. Today, we're going to talk about how to stay fit during job search and beyond. And today, I'm delighted to introduce to you Alicia, and Alicia, can you pronounce your last name for me, so I don't really mess it up?

Alicia Kirschenheiter: You know what? It's okay. Everybody messes it up. And it's Kirschenheiter, but everybody can also just abbreviate it K, makes it a lot easier a lot of times.

Katherine Moody: Okay, so again, today, we're talking to Alicia K, and Alicia, welcome. Thank you so much for joining us today.

Alicia Kirschenheiter: Well, thank you. It's a pleasure to be here, and I think we have some good information we can get out.

Katherine Moody: I'm really excited, and I wanted to let you all know that I invited Alicia to join us today because we know that you or people you know have been affected by the lack of jobs in our economy. And the [0:01:07] of job search challenges one area that we might be just slightly tempted to give up taking good care of ourselves physically is job search.

So I invited Alicia here today because she has such great tips on how to take care of yourself during job search. And our program has actually been proven to work with just that situation. She's an American Council on Exercise, certified advanced health and fitness expert. Say that fast 3 times.

She's a personal trainer, fitness and wellness coach, and a weight and lifestyle management consultant. So she's got the whole package, ladies and gentlemen. Through her Evolution Total Wellness Center in New York City, Alicia does fitness and wellness coaching and personal training.

I wish you were closer because I'd love to enroll into her personal training. And for businesses, she does on-site workplace wellness presentations and seminars, reviews programs and new health and wellness program development for employees. She's

also a published wellness and fitness writer for a variety of online and published venues, and she's the author of Oscar and Otis-Fat Fighters.

This is the story of 2 friends learning about health and fitness helped one of their fathers fight the fat. The story is as they say, laughable and learnable. And you'll find that Alicia's style is equally enjoyable and full of great information that you can use right away.

So today, we're going to learn some of the insider tips and techniques that Alicia teaches her clients at Evolution Total Wellness on how to stay fit during job search and beyond. So, our first topic is simple tips that can help you look and feel more confident, no matter what the butterflies are doing in the pit of your stomach.

Alicia, I'm so eager to hear what you have to say on this topic. Tell us.

Alicia Kirschenheiter:

Well, thank you Katherine. Thank you for such a wonderful intro and all the certifications are certainly lengthy. (Laughs) One of the things I want to talk about is one of the health tips I work with on clients. And a lot of times, it's female clients. It's posture.

To me, and in my situation in the business world and in training, nothing comes strong like entering a room with great posture and confidence. Unfortunately, and generally mostly in women, women tend to hold their shoulders forward and keep our heads down.

When we're competing for a job or when we get a job that really sort of signifies of not being confident in yourself, in your position, or what it is you're truly entering the room to do.

Katherine Moody:

Oh, my gosh! That's so interesting. I never would have thought that would make such big difference.

Alicia Kirschenheiter:

Well, you know, and one of the key components of exercise, and specifically strength training that I focus on with my clients, is form. If you're going to do strength training, you're going to engage in physical fitness, form is truly important.

It's not just going through the motions, but actually going through the motions and doing it correctly. First off, because you're trying to avoid injury obviously. And second off, because if you're going to put the effort into something and actually make the commitment to do it, you should do it correctly to reap all the benefits from it.

So, when performing exercises, that's the first thing you really try to teach a client, is form. What happens is as people begin to realize that form really does carry over into other parts of their life, meaning how you sit posture-wise, that you need to sit up straight, that you shouldn't roll your shoulders fully, and above all, keep your head up.

It's one of the things that I try to work with very hard on my clients, and I think if we had any of them here they would probably say that's one of the things I say at least 10 times during a...

Katherine Moody:

Now, what about the old saying that you should walk around with a book on your head or stand next to a wall and straighten up and then move away? Are those valuable ways to learn what our good posture does feel like?

Alicia Kirschenheiter:

Well, you don't want to look... You know, you want to have good posture, but you don't want to appear stiff because that really would open up the whole, perhaps, you're not showing that you're an approachable person even though you're never showing confidence.

From a strength training perspective, from an exercise perspective, having proper form really means being able to roll your shoulders backwards so that they're in a neutral position. And a lot of times, when we're tired, we slump forward. Then a lot of that also stems from not using the appropriate muscles throughout the day.

You'll hear a lot of trainers talk about the difference between pulling from your back to using your core. And your core muscles are really your center of

gravity. They're pretty much your, you know, without getting very technical, they are your stomach muscles, but they're more than that. They're your internal stomach muscles.

And it's a change from learning to do things like every woman has ever done or every man has ever done, to pick up things with your back instead of bending your knees to getting more familiar with doing things and working from the center of your gravity.

When you start to do that, you actually do start to notice things like, "Wow, I'm sitting up straight. I'm not slouching. I'm not rolling my shoulders forward. My head is not down where I'm not engaging eye contact with people."

Yeah, and as you start to learn it, things that usually [0:07:27] the people during the course of the day from sitting too much, in other words, you generally start to get a sore back, a lot of those things you'll notice starting to diminish as well.

So, my suggestion is to look at some really basic core exercises, and there are some really great reference websites, American Council on Exercises, who I'm certified too, and I love to use them as a reference.

It's a non-profit organization, and there are some really great simple exercises that you can do throughout the course of the day or 10 to 15 minutes during some point in your day.

Katherine Moody: Well terrific, and so, what is the website for the American Council? Could you give that to those of us who needs to go check out those exercises?

Alicia Kirschenheiter: I'd love to. It is www.acefitness.org.

Katherine Moody: I'm sorry, ace? A-C-E fitness?

Alicia Kirschenheiter: Dot org.

Katherine Moody: Okay, A-C-E fitness dot org. Okay, perfect. Alright, so that's wonderful. Well that was really simple and that makes me feel good, simple things.

You also talked to me and mentioned that you're going to give people some tips on how they can keep their attitude up even when maybe things are looking a little bit down on end. And so, explain how what you know can have such an influence on attitude?

Alicia Kirschenheiter:

Well, being a fitness and a wellness professional, one of the things that clients come to me with is they're really sort of down on themselves. They've tried plans before that haven't worked. They have almost really doubt to see to themselves before they are ready to begin again.

And from a coaching background, from a fitness background, one of the things that I've learned to do with my clients and that I've been taught is to create what I call, the big vision. Basically and in not so many words, this is really the granddaddy of wellness wishes. So, this is to be all and end all, throw it all in one bucket of everything that you want when it comes to wellness.

Creating a wellness vision allows us then to establish smaller goals during that tasks that are attainable but challenging that really keep you moving towards that big bucket of wellness vision. So, once we start them, meaning the goals, we can work at the task, work how we get there, revise them, but you always have that really big vision at the back of your mind that these steps are going to get me to where I want to go.

So, what happens is as we progress towards that vision, what I tried to work with my client is really that we are all human. There are stumbles. There are pitfalls. If there's not, then there is something wrong. The challenges are not hard enough. If you meet every single challenge along the way maybe you're not striving hard enough. You know, to learn is human.

So, what we like to do and what we like to work on, and what I like to try and teach my client is that being perfect is a mistake in nature. I have a very good friend of mine tell me that once because I'm probably my own hardest critic. But there is no perfect within

nature. Everything has faults, and when you tie that into your wellness vision, whatever your vision is, if it's a wellness vision, or let's say, a job vision, or it's a success vision, or a career vision, when you keep that big picture and you really sort of set out to have smaller goals that are challenging, that you need, that you feel good about, that wellness vision, that professional vision, that success vision, they all get a little bit closer and you get a little bit closer to obtaining them.

But always, always recognize that there are pitfalls along the way. Everybody has failed at something that they've tried. The difference is, is to accept that failure and move on from it.

Katherine Moody: Oh, my gosh! I love it. I just... I love the things that you're talking about because they just feel real. I know a lot of times when I talk to fitness people; it just feels like I'm going to have to change everything in my life and in my refrigerator immediately. And I just... Your information just seemed so... It just seems to make so much sense and it feels much more doable.

Alicia Kirschenheiter: I know...

Katherine Moody: So, I've been saying...

Alicia Kirschenheiter: Sorry.

Katherine Moody: I'm sorry, go ahead.

Alicia Kirschenheiter: No, I was going to say, one of the pieces that I pride myself on is being very simple and very honest. There's a lot of information out there. Anybody can Google any word of fitness and health and wellness, and they can get 15, 20, a thousand conflicting answers, comments, questions, critiques.

And what I thought to do is my clients and people that I work with and people that ask me advice is to keep it simple because it really is not... It's not rocket science. It's not. And if you... If somebody is trying to make it rocket science, they're really trying to make it

much harder than it needs to be, so probably their own purposes and not yours.

Katherine Moody:

Good to know, good criteria. I love it. I think that same thing also applies in many areas of life and maybe job search advice too that if it's simple and it feels right, then it's probably the thing to do. It's hard to know as you said in fitness, in job search, in so many things. There are so much information that you can get so overwhelmed. So, simple is real and real is simple. I love it.

Alicia Kirschenheiter:

Absolutely.

Katherine Moody:

So, the other thing that you and I talked about was some foods that you think are essential that will help us have the energy that we need. We've got now an approach to have our attitude up, but job search can really be hard on energy as well, physical energy.

And that you have some food and some habits that you thought might be helpful for us to hear to keep that energy up so that we can keep going. So, would you share those with us?

Alicia Kirschenheiter:

Absolutely. Everybody knows that what, you know, what we put out during the day, and all the ups and downs throughout the course of the day is absolutely draining from a job search to being on the job, to just you know, just a regular every day weekend life. One of the things I tried to instill with my clients is to look at your body from the perspective of our bodies are machines. They truly are.

You know, they're born, you know, full of life, you know, born in disease, and other issues from birth, but truly, our bodies are perfect machines. We are actually... Our mental and emotional status is actually what sums it up. They work perfectly until we mess with them. Knowing that, and what I try to instill in my clients is, our bodies only really want fuel.

That's all they want. Taste the emotional trials that we have to the face. That's all within our mind. That has nothing to do with our bodies. So, one of the things that we work on is getting away from that sort of

emotional attachment to the food that your mind does what it wants, it wants chocolate, wants salt, wants to want that.

Your body really has no use for it. It doesn't care. How we try and to battle that is to actually focus on eating more frequently. I know that sounds completely foreign to a lot of people, but eating smaller, well-planned out meals throughout the day; and I mean well-planned out that sometimes on a Sunday, you may need to think about.

Okay, how am I going to approach this for Monday? I'm going to be at work all day. What would I need to have around me throughout the course of the day while I am at my desk and don't think I can get off? What can I keep close to me that's good for me?

So, it does require some preparation of course. Everything does. But eating 5 to 6 small meals throughout the course of the day helps us keep our blood sugar level instead of spiking with like say 3 big meals or 1 big meal and not eating the rest of the day, which really brings us to the very, very high, and then, the very, very low right around 3 o'clock.

The things that we really want to try and keep close to us; and for me is actually keeping them within my office, because in some respect, I am a health amongst the professionals; and I will throw this out and say I am lazy on occasion when it comes to myself.

But you want to keep things close to you like less refined sugars, carbohydrates, things high in fiber like whole fruits, vegetables, beans, things with a low glycemic index, which basically means it takes a long time for the body to break it down... apples. Sometimes, it could be things that are simple as long as it's good for you like peanut butter and crackers.

I'm a big, big fan of fresh fruit. Not always practical. Dry fruit is pretty good, too. But if you can plan ahead, even if it's the night before, pack up things like a bag of almonds to snack on. If you do get the chocolate

munchies, and I do, look for things like dark chocolate-coated almonds.

But instead of eating the whole bag, have a few, let's say around 3 o' clock when the need hits you. But again, try and go with 5 or 6 smaller meals well-prepared throughout the course of the day rather than just grabbing the garbage from the cubicle or the office next door that people are putting in a bowl on the top of the doorway or the shelf.

Katherine Moody: Yeah. So, I wanted to make sure that I understood that you said, when you said keeping things close to you, one of the things that we are not to keep close to us is refined sugar, did I hear that correctly?

Alicia Kirschenheiter: Uh huh.

Katherine Moody: Okay.

Alicia Kirschenheiter: What you're looking for in sugars are the less processed, the better, and calorie-wise, it doesn't really... We don't have any difference usually from calorie-wise. However, when it comes to processed foods, our body doesn't really know how to recognize things that are very, very processed. It doesn't know what to do with them.

So, from the standpoint of artificial sweeteners, from highly-processed wheat flours, white flours, your body doesn't know how to use any of those nutrients because they're foreign. It's like putting water in gas and water in the car. It's not used to that.

It doesn't really know what to do with it. It doesn't know how to break it down. So, what you want to look for is to stay as close to whole food groups as possible: fruits, vegetables, whole wheat bread or pastas, anything along those lines.

And of course, you want to go for lean poultry if it's something like your having a chicken salad for lunch or grilled chicken for lunch, lean meats on occasion, and you know, dessert should be the rarity. But again, anything you want to try and stay away from highly processed.

Katherine Moody: Okay, stay away from highly-processed. Okay, wonderful. Well, this has been wonderful tips that feel like so much that can be easily implemented, and I have to thank you for that because it's nice to hear that there are simple things we can do that will make a real difference. And so, I really appreciate you being here with us today to talk about these things.

Alicia Kirschenheiter: My pleasure.

Katherine Moody: So Alicia, before we go, would you give everybody your website. Now, I know you're on LinkedIn.

Alicia Kirschenheiter: I am.

Katherine Moody: And would you give people your website, so that they can check out all of the information. You got great information there, and I'm sure they will love to learn more. So, what is your website?

Alicia Kirschenheiter: My website is www.dailyevolution.com.

Katherine Moody: I'm sorry. I think you need to say that one more time.

Alicia Kirschenheiter: Sure, it's www.dailyevolution.com.

Katherine Moody: Okay, wonderful. This has been really... This is great. And it's been good information, and it's been a relief because it wasn't hard things for us to have to implement. These were things that feel so doable, and I'll be looking out here from these things. I'm going to start some of them myself.

So, I want to thank you again Alicia for taking time to share this information with us today.

Alicia Kirschenheiter: It's been a great experience, and I wish everybody the best of luck in moving forth and always be well.

Katherine Moody: Thank you so much and happy job search everyone. Let me know how it goes. Let me know how I can be of assistance. Okay, that was cool Alicia. I love your approach to this. Thank you so much.

Alicia Kirschenheiter: I just want... Like I said, you know, I wanted it to be simple, but I wanted it to be, you know, kind of bullet point. These are the things you can do and...

Katherine Moody: Yeah.

Alicia Kirschenheiter: not make it really difficult. Because like I said, I really mean it when I say that really it is not hard. It's not rocket science.

Katherine Moody: I love it. I love it. You know that I watch some of the stuff that, you know, that's out there, and I go, "Oh, my..." You know, I look at, you know, hard Jillian makes people work, and I just think, "Boy, that just turns people off."

Alicia Kirschenheiter: You know, I'll take that. You know that's one of the things that I tried to work on. You know, a lot of people think, "Oh, biggest loser. You know I'm going to drop 30 pounds in a week." And you know, someone's like to have to reeducate them and do you realize that they're in the gym for 8...?