If you sit around all day for your job you need to take extra care to stay in shape. We asked poker star Daniel Negreanu for some tips.

If you spend all your time on the poker table or playing video games, your body needs exercise to stay healthy. If you sit for long periods, you can develop poor posture, which can lead to back pain and other health problems.

Daniel Negreanu is a well-known poker player who also enjoys staying active. He shares some tips on how to stay healthy while playing poker:

1. **Exercise regularly**
   - Incorporate a mix of aerobic and strength exercises into your routine. This helps improve cardiovascular health and builds muscle.

2. **Nutrition**
   - Eat a balanced diet with plenty of fruits, vegetables, and whole grains. Avoid sugary and processed foods.

3. **Hydration**
   - Drink plenty of water throughout the day to stay hydrated.

4. **Sleep**
   - Get enough sleep each night to allow your body to recover and function properly.

5. **Mindfulness**
   - Practice mindfulness or meditation to reduce stress and improve focus at the poker table.

Daniel Negreanu also shares some of his favorite workout routines and nutrition tips to help you stay in shape.

**Workout Routine**
- **Cardio**
  - 30-45 minutes of aerobic exercise like jogging, swimming, or cycling.
- **Strength Training**
  - 2-3 days per week focusing on different muscle groups.
  - Include exercises like push-ups, pull-ups, and squats.

**Nutrition Tips**
- **Breakfast**
  - Start your day with a balanced meal high in protein and carbohydrates.
- **Lunch**
  - Focus on lean proteins and whole grains with some vegetables.
- **Snacks**
  - Keep healthy snacks like nuts, fruits, and vegetable sticks on hand.

Daniel Negreanu's advice is not only good for poker players but also for anyone who spends long hours sitting. By incorporating these tips into your daily routine, you can improve your health and enjoy a better quality of life.