

# MORNING WORK OUT

# TCA HEALTH

# MIND & FITNESS

# Q&A

# WITH ACE FIT

## Health, Mind & Fitness; What it means for you.

Everybody says not to trust a skinny chef! Chefs stereotypically lack a healthy lifestyle and physique. While the work schedule of a chef is not necessarily conducive to regular gym or exercise sessions, it is very much needed in our industry.

Chefs face many physical hazards in the kitchen. Being on our feet for hours at a time without abate can lead to varicose veins, circulatory issues, as well as, back issues. Lifting and carrying heavy bags and boxes of ingredients can lead to back pains such as strained muscles, pinched nerves, and disc compression.

Antonio St. Rose, a former bodybuilder and is currently a personal trainer, Dejuan Fulghum is a former NFL player and is Strength coach. Mr. Rose and he will demonstrate some exercises, proper Stretching, and discussing ways to get the blood flow moving in the morning and also short small work outs that we chefs can do while at work to keep the blood moving because the life of a chef is not as easy as people think it is. We also will be discussing better nutrition choices for ourselves and our customers. Chef George will be hosting this event and joining in on all the fun but also talking about TCA and taking questions you may have about the convention.

### Chef George Morfin

Chef George is the former Executive Sous Chef at the PCOH and is now a Private Chef for an International Trading Company. He is also the former Assistant Director of the TCA Houston Chapter. He is currently working on getting his Executive Chef Certification. He loves the gym and feels that health & wellness is possible for all chefs.

### Antonio St. Rose - *Owner, ACE Fitness*

Antonio St. Rose is a former bodybuilder and a Certified Personal Trainer. He is a former collegiate athlete and was a 3-year starter for Texas Southern University's Football Team and a member of the 2010 SWAC Conference Championship Team. He has worked with a diverse clientele and his fitness philosophy focuses on holistic wellness. He works to enhance the wellbeing of his clients and empowers them with knowledge and support on their journey to a healthier lifestyle.

### Dejuan Fulghum, Trainer

Dejuan Fulghum is a former NFL player with the Detroit Lions as well as a Champion in the Indoor Football League with the Sioux Falls Storm. He was also a 4-year starter for Texas Southern University's Football Team and a member of the 2010 SWAC Conference Championship Team. He Spends his leisure time staying active in the gym and recreational sports to maintain his fitness lifestyle, as well as