

Health is Everything Picture This



7 Tips

For Staying Healthy At Work

1



Move!

Do "deskercises," park in the farthest parking spot, use the stairs, and walk or bike to work (weather permitting).

2



Take breaks.

Set break reminders on your phone or computer and truly detach by getting away from your desk/work area for a few minutes every hour or so.

3



Pack your own lunch.

Restaurant food is notorious for hidden calories and vending machines are not your best resource. Bring healthy food from home.

4



Keep clean.

Wash your hands often and keep your workplace sanitized as well - especially during cold and flu season.

5



Find a friend.

Set health and fitness goals with coworkers. Hold each other accountable and celebrate accomplishments.

6



Hydrate.

Invest in a reusable water bottle and refill it throughout the day.

7



Fix your ergonomics.

Adjust your chair so your knees are level with your hips, make sure your monitor is at the right height, and use a wrist rest.



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