Employee wellness:
Making smart choices

Remember

If you give these tips a chance for a couple weeks, you'll notice they become part of your lifestyle and are beneficial both at work and home. The sooner you make a few changes, the sooner you'll begin to reap the rewards.

Incorporate healthy choices into your workday. Making slight adjustments or trying a few different techniques may help you feel better throughout the day and give you more energy. The following are a few tips to help you get started.

Ways to get active at work

- Park further away from the front door in the parking lot
- Take the stairs instead of using the elevator
- Have walking or standing meetings
- Get up away from your desk to ask someone a question rather than calling or using email
- Take frequent, short breaks to stretch and get your blood flowing
- Take a walk on your break or climb the stairs a few times
- During meetings that last longer than an hour, make a point of getting everyone up and stretching for a few minutes

Healthy food choices for work

- Don't skip breakfast – grab something quick like a piece of fruit if you don't have much time
- Make a habit of bringing your lunch rather than eating lunch out often
- Bring a refillable water bottle to work and make a point of finishing a couple bottles each day
- If organizing snacks for a meeting, choose healthier options like fruit over donuts
- Have healthy snack options available in your workspace such as a handful of nuts or seeds, instead of going for a candy bar in the vending machine
- During your coffee breaks, swap skim milk for creamer or whole milk
- If eating out at lunch, choose meals that are steamed, grilled or broiled and smaller portions sizes – if you have a large meal, bring half home for dinner

journey to safety excellence

National Safety Council
1121 SPRING LAKE DRIVE
ITASCA, IL 60143-3201
(800) 621-7619
NSC.ORG

© 2012 National Safety Council 83719g