



workplacewellnessnc.com  
State of Preventive Health Summit 2008

# Tips for a healthier job

## 1. Pack your lunch.

When you bring your lunch from home, you're better able to control ingredients and portion sizes and avoid higher-calorie and higher-fat fast food. Pack a fruit or vegetable to help you get your recommended five a day.

## 2. Take the stairs.

Small adjustments to your daily routine can add up to big improvements in your health. Things like parking farther away from the door, walking to someone's desk instead of sending an e-mail or simply getting up to stretch every hour makes a difference.

## 3. Breathe easier.

Focused and controlled breathing can lower your blood pressure and relieve stress instantly. It can also help you clear your head and collect your thoughts.

## 4. Can the sodas.

Drinking two to three soft drinks a day can add up to thousands of empty calories per week. Water is the best choice but even switching to diet soda helps.

## 5. Snack smart.

In the late afternoon when your energy starts to lag, the vending machine munchies can hit hard. Keeping healthy snacks at your desk will make it easier to resist the call of candy and chips.

## 6. Get a flu shot.

The flu can keep you out of work and out of commission. But you can take simple precautions like washing your hands frequently and keeping your phone and keyboard clean. If your worksite offers flu shots, be sure to sign up.

## 7. Take part in wellness programs.

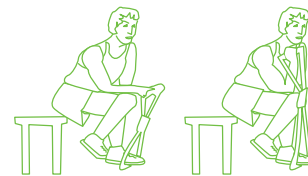
Your company's wellness programs can include incentives for healthy living, annual health screenings, educational resources and on-the-job benefits. If your company has a wellness program, take advantage of it. If not, encourage them to start one.

## At Your Desk Workout

Because you're at your desk all day, it might seem impossible to get any exercising done. But with the right equipment and instruction, you can get fit, even while you sit.

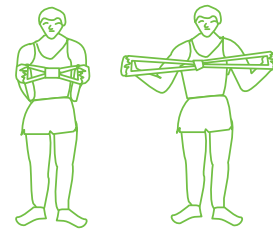
### Bicep Curls

1. Sit with arm straight and elbow resting on leg.
2. Bend elbow while bringing hand toward shoulder.
3. Lower hand slowly.



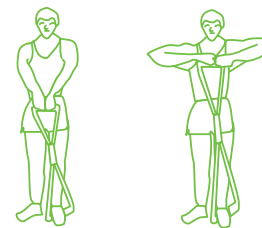
### Chest Pull

1. Stand with hands in front of chest.
2. Move hands away from each other, keeping elbows near sides.
3. Slowly return to center.



### Upright Row

1. Stand with both arms extended down in front of body.
2. Pulling with elbows, raise both arms up and out to sides.
3. End with both hands up under chin.
4. Slowly return hands to start position.





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