

WORKPLACE OPTIONS


Main Topics

- Healthy eating in the workplace
 - Starting the day
 - Healthy snacks
 - Hydration
- Physical activity in the workplace
 - Stretches
 - Cardio moves

WORKPLACE OPTIONS

Start the Day Off Right

- Breakfast is the most important meal
- Choose a high-protein, fiber-filled breakfast, which will provide energy throughout the morning
- A high-protein breakfast will help you avoid the temptation of break room donuts, candy, or other unhealthy treats



Tips for Healthy Eating in the Workplace

- Prepare in advance
- Pack your lunch and snacks
- Use the vending machine as a last resort
- Avoid fast food OR learn the healthier options at fast food restaurants



Healthy Snacks to Store at Work

Store in your desk:

- 100% whole wheat crackers
- Juice box
- Cereal
- Peanut butter
- 100% whole-wheat bagels/bread
- 100-calorie snack packs



- Dried fruit/canned fruit
- Rice cakes
- Granola bars
- Canned fish
- Bran muffins



Store in the fridge:

- Yogurt
- Fresh fruit
- Cheese
- Baby carrots



- Low-fat cottage cheese
- Raw vegetables
- Salad greens
- Celery sticks



Poll

- While at work I mostly consume:
 - A. Water
 - B. Juice
 - C. Coffee
 - D. Tea
 - E. Soda
 - F. All of the Above
 - G. None of the Above

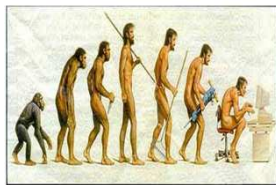
Hydration

- Keep a water bottle at work; slowly sip 8 to 10 cups of water per day
- Reduce
 - Caffeine
 - Herbal tea
 - Decaf coffee
 - Unsweetened fruit drinks
- Avoid sugary drinks, such as sweet tea and soda
- Drink no more than two diet sodas per day



You Call This Evolution?

Evolution???



Posture Stressors

- Poor posture, repetitive movements, lack of movement, and lack of physical fitness can lead to pain
 - Headache
 - Stiff neck
 - Back pain
 - Sharp pain at elbow and/or wrist
- During the workday, do you
 - look down or jut your head forward?
 - angle your head up or down to view your monitor?
 - hunch over or round your shoulders?
 - lean or shift your weight to one side?
 - cross your legs or sit on your foot?
 - reach with a fully extended arm to use mouse, calculator, or phone?

Stretching

- Follow a stretch routine twice daily
 - Head
 - Neck
 - Shoulders
 - Hands
 - Back
- Always remember your posture; sit and stand straight with shoulder blades slightly back



Adding Cardio to Your Workday

- Ride your bike or walk to work
- Park at the far end of the lot
- Walk the stairs
- Take 10-minute walking breaks
- Hold walking or standing meetings



1. **Stair Run**
Quickly walk up and down the stairs for 5 to 10 minutes to get a cardio workout. It also gives your glutes, hamstrings, and calves a workout.
2. **Parking Lot Circuit**
Head to the parking lot for a speed-walking routine. Walk as fast as you can without running.
3. **Strengthen Up**
Try to get to a local gym for a 15-minute weightlifting routine that targets core muscle groups in the arms, legs, and back. If you can't make it to the gym, use water bottles as weights.
4. **Exercise Bands**
Buy a rubber exercise band and move through the exercises accompanying the band. Stretch your back and strengthen your biceps and triceps. Step on the band with your feet together. Then move each leg, one at a time, in and out for a thigh workout.

WORKPLACE OPTIONS

Poll

- From the workplace workouts suggested, which one do you feel will work best for you?
 - A. Stair run
 - B. Parking lot circuit
 - C. Strengthen up
 - D. Exercise bands

WORKPLACE OPTIONS

You Can Make This Work

- Don't be overwhelmed; you can start getting fit while at work
- Praise yourself for your accomplishments daily
 - If you ate a healthy snack, praise yourself
 - If you walked for 10 minutes, praise yourself
 - If you stretched at your desk, praise yourself
- When you focus on the negative, you will not be able to do what you desire

WORKPLACE OPTIONS

Thank You!

Questions?

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