

Health Tip of the Month

Healthy in the Office

Are you sitting at a desk all day with little exercise?

Are you near a break room full of tempting treats?

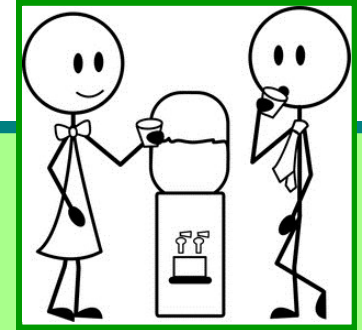
Don't let your work place be an unhealthy trap.

Make work healthy fun! You may improve your productivity and reduce your risk of getting sick.

Make a few simple changes in your office routine. Surround yourself with healthy food and add activity into your work day.



Build a Healthier Workplace



- Get up to talk to a colleague instead of calling or emailing.
- Stand up and stretch every 45 minutes. Then do one minute of exercise.
- Pack a healthy lunch instead of ordering in.
- Bring a reusable water bottle to work.
- Keep healthy snacks in your desk drawer.
- Use half your lunch break to take a walk around the neighborhood.
- Take the stairs instead of the elevator.

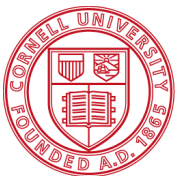
Burn Calories,
Not Electricity



Take the stairs!

Skip the elevator and escalator. Walking up stairs just 2 minutes per day helps prevent weight gain. And it helps the environment by saving electricity!

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Cornell University
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Worksite Wellness Initiative: by Betsy Ginn, Dietetic Intern
Teachers College, Columbia University 38: 12/13
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