



Small Steps Can Begin a Life-long Journey of Wellness

Americans spend about a third of our lives at work. One consequence is many people feel they are just too busy to be healthy and therefore they fall into the “all or none” phenomenon. But setting small, realistic goals is an effective way to make a long term impact on one’s health!



Here are 8 small goals to be healthier at work:

1. **Pack snacks:** Spreading your calories throughout the day instead of eating them all at once, especially protein, helps balance energy levels. Try eating nuts, a hard-boiled egg or string cheese at 10am and 2pm!
2. **Set a clock to stretch:** Many of us sit at our desks in the same position all day long. We know it’s hard to remember to get up and stretch. Add reminders to your electronic calendar to stretch.
3. **Water, Water, Water:** Water is naturally energizing and helps with proper digestion and absorption of nutrients! And more steps to the water fountain and restroom will benefit your health, too!
4. **Walking Meetings:** Late summer and fall are perfect for the walking meeting! Getting out of your normal space can help with creativity and communication. And it will benefit your health, too!
5. **Turn lunch into exercise:** Even 20 minutes of exercise will help improve your energy, focus and efficiency! Not only will the exercise have effects on your brain, it also helps your blood sugar control and cardiovascular health.
6. **Healthy potlucks:** Promoting an office culture of health can be difficult, but helping co-workers try delicious, healthy recipes is one way to start! Many of us get stuck in a rut, so mix it up with co-workers for lunch!
7. **Avoid the “all or none” Phenomenon:** “I already had cookies today; I might as well have fast food for dinner.” Is this you? When you see every choice as a chance to make a better one, you will improve your health instantly!
8. **Make it a challenge:** Who isn’t motivated by a little healthy competition? Creating a squats challenge or steps challenge between teams at the office can help increase engagement in physical activity during the day.