



## 10 Tips: Be Healthier in the Office

1. Stand up and stretch every hour
2. Schedule walking meetings
3. Keep healthy, unprocessed snacks that are whole foods
4. Take the stairs
5. Set a timer on phone to stop and take 3 deep breaths on the hour
6. Workout during your lunch break
7. Ask about employee Wellness Program offerings
8. Do yoga during lunch
9. Get enough sleep
10. Move as much as you can!

