

Seven Ways to Improve Your Workplace Health

The average American spends about 47 hours a week at work, which is more than the amount of time many of us spend sleeping or engaging in other healthy activities. Since it seems long workdays are here to stay, it's crucial to find ways to incorporate healthy habits in the workplace.

Eat Right

It's not uncommon to reach for a sugary snack when fatigue or stress sets in. Avoid the tempting treats that will only leave you feeling worse, by replacing them with healthy, energy-boosting bites that will satisfy your cravings throughout the day.

Nuts: apples with peanut butter: berries; veggies and hummus: cheese and crackers: popcorn; or a hard-boiled egg are all great options.

Drink a Lot of Water

Oftentimes we confuse hunger with simply being thirsty. Staying hydrated helps us shed pounds, reduces cravings, improves skin and overall health and reduces the likelihood of overeating. Try the Workplace Water Bottle Challenge! Bring a 16 oz. water bottle to work, drink it by lunch, fill again and drink by 3 pm, then drink 3rd bottle by 5 pm. (Source for ware: web MD)

Get Up

Research suggests standing up at least 1 time for every 2 hours of sitting to help with circulation, eliminate pain and reset the mind. The workday is a great time to squeeze in some physical fitness, so use your breaks wisely. Go for an energy-boosting walk outside, take a few laps on the stairwell or find a quiet room to do some stretching or yoga. Adding physical fitness to an employee's workday boosts productivity and morale.

Chair Yoga

Taking 5-minutes each day to practice chair yoga can surge blood flow, reduce stress, increase strength and flexibility, clear the mind and balance emotions. Chair yoga also helps with posture and can reduce the harmful effects of sitting for long periods of time.

Reduce Stress

Workplace stress is inevitable, but the way that we handle stress can save our lives. Block out time in your workday to engage in stress-relieving activities such as taking a walk, stretching, deep breathing or by taking a mental break away from screens to reset the mind.

Sit the Right Way

Let's face it, you sit A LOT at work, so take some time to ensure that you are sitting the right way. Find a comfortable chair and adjust the height so your feet are flat on the ground with your knees are at a 90-degree angle. You may also want to add a pillow behind your back for lumbar support and/or a footrest to reduce strain in the legs.

Keep It Clean

Bacteria accumulate rapidly, so get in the habit of disinfecting your workspace at least once per month. Wipe down your desk, armrests, keyboard, computer mouse and phones with a non-toxic disinfectant. Practicing preventative health techniques like cleaning your workspace, washing your hands, wiping down door handles and covering your cough can help to eliminate the spread of germs in the workplace.