Healthy Workweek Tips

PHYSICAL ACTIVITY

Being active at work can help reduce stress and uplift your mood. Get up from your desk, break that sitting cycle and get moving with these easy tips.

Stretch at your desk. Take short breaks to extend your arms and legs.

Set a walk-and-talk meeting. Instead of sitting in a room, schedule a meeting where you can discuss agenda items on the go.

Take a walk around the building. It can help you clear your head and get some ideas flowing.

Use resistance bands at your desk. There are a variety of exercises you can do that target different areas of your body.

Take the stairs instead of the elevator. It'll get your blood pumping, and maybe even save you some time.

Instead of driving, bicycle to work. You'll avoid traffic jams, plus you'll save on gas money.

Find more information under the Move More tab at **ShapeYourFutureOK.com**.

NUTRITION

To feel more alert and energized during your workday, incorporate healthy foods into your lunch plans every day. Use these tips to start.

Pack your own lunch. It costs less, and by filling half your lunch with fruits and veggies, you can ensure you aren't missing out on essential vitamins.

Control portion sizes based on your needs. Eating smaller portions can curb cravings and help keep your recommended calorie intake in balance.

Switch up your sandwich. If you're tired of sandwich bread, try pita or a wrap instead. Add different fruits and veggies to give it even more flavor.

Choose healthy options at the vending machine. Try choosing water, nuts or a granola bar.

Carry a water bottle to stay hydrated throughout the day. Water intake recommendations vary with age and gender. Several other factors like health and activity levels can impact hydration, too. Visit **http://shapeyourfutureok.com/rethink-your-drink** to find out how much is right for you!

Find healthy lunch and snack recipes, plus more tips about workplace nutrition under the Eat Better tab at **ShapeYourFutureOK.com**.

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