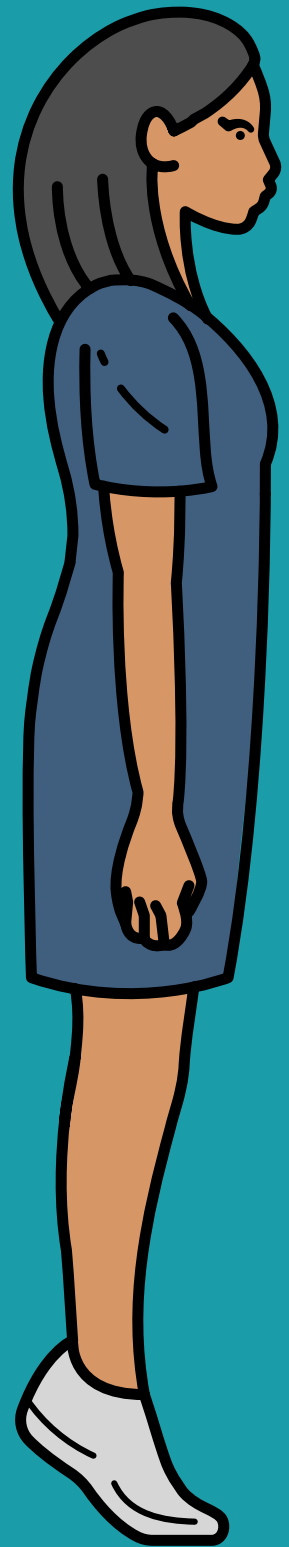


# GET A LEG (OR TWO) UP ON YOUR HEALTH.

## CALF RAISES

Do a set before lunch,  
after lunch and while you work.



Move for 30 minutes every day.

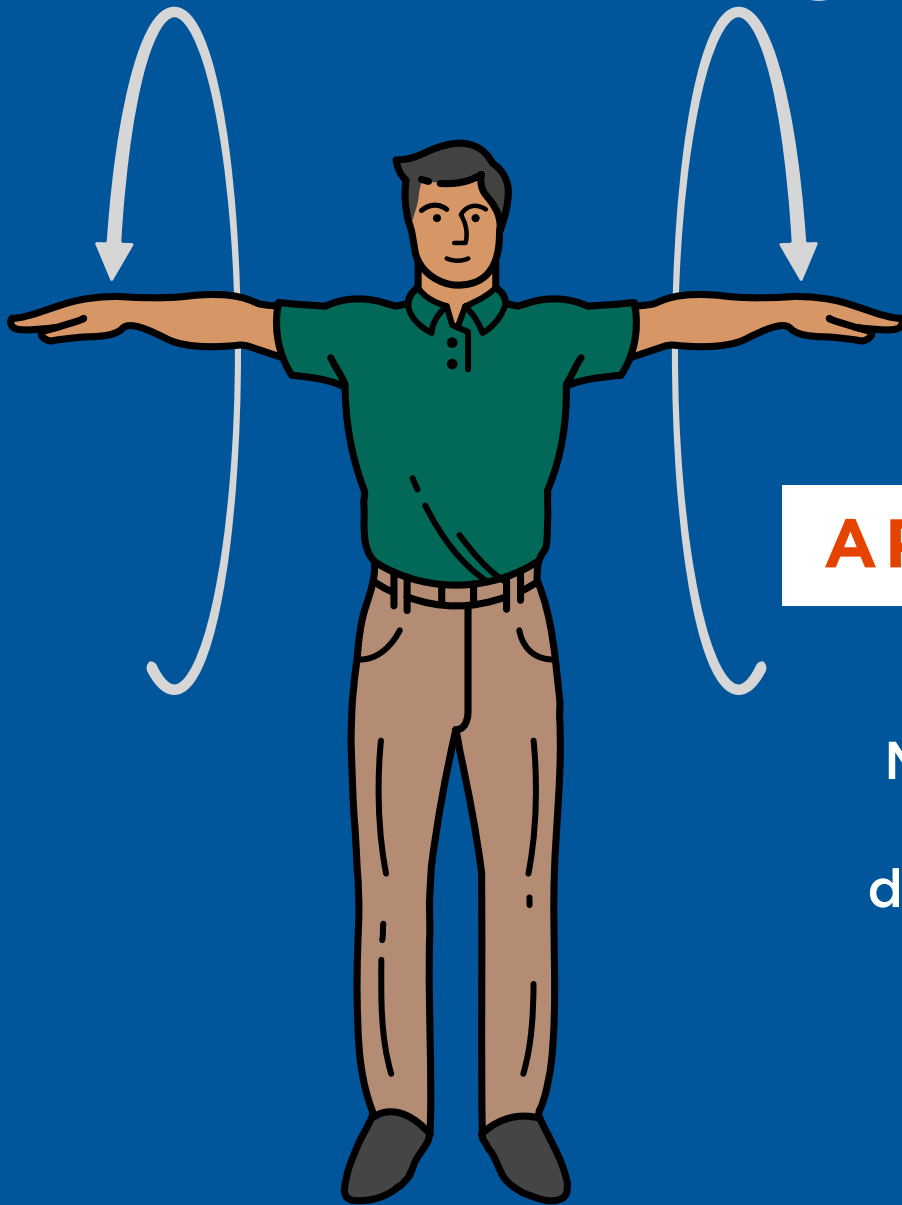


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# MOVE AROUND (AND AROUND) AT WORK.



## ARM CIRCLES

Move your arms  
*EVERY HOUR*  
during your shift.

Move for 30 minutes every day.

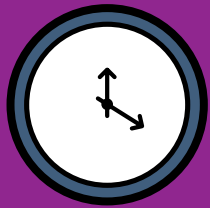


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# LAP IT UP ON YOUR BREAK. GO FOR A WALK.



It can boost your mood  
and improve your focus.

Move for 30 minutes every day.



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WANT TO LIVE  
HEALTHIER?  
STEP RIGHT UP.



**STAIRS**  
OVER ELEVATORS

Add steps to your day by taking the stairs  
and getting off the bus one stop earlier.

Move for 30 minutes every day.



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# DIP INTO SOME PHYSICAL ACTIVITY.

## **CHAIR DIPS**

Start and end your workday with a set.

Move for 30 minutes every day.



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Turkey, Sprouts &  
Tomato Salad  
(reduced fat  
ranch dressing)



# PACK a LUNCH that PACKS a PUNCH.



Healthy  
Lunch Packs

Low-cost, easy-to-make and  
super-healthy lunch recipes. Available now at

 [ShapeYourFutureOK.com](https://ShapeYourFutureOK.com)

 TSET



# HEALTHY WORK SNACKS



Hungry at work? Next time a snack attack attacks, cut back unhealthy snacks like cookies and chips. Make room in the break room for some healthy options, like these...

Fresh fruits like apples, bananas, strawberries and pears.

Crispy veggies like carrot and celery sticks (and hummus too).

Low fat yogurt. Add some berries or almonds for additional flavor.

A small wedge of low fat cheese and a red bell pepper.

Trail mix with nuts.

Hard-boiled egg and some whole-wheat crackers.

Find tons of low-cost, easy-to-make snack recipes at

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