Diet Meeting Kit

HEALTH

How you feel at work will have a major effect on being able to work safely. It is important to make sure the things you choose to eat and drink are helping improve your health and not hurt it.

What you choose to eat will have a major impact on how you feel and on your over-all health. Remember there is some truth in the saying “you are what you eat”.

DISEASE AND DIET

These two words are in “lock step”

Many of us work in an office, which means sitting in front of a computer from 9-to-5. A lack of movement during the day is terrible enough but when combined with an unhealthy diet, things might go sideways.

An intense business tempo and working long hours negatively affects people’s diet. Irregular and unhealthy eating habits can cause illnesses, such as obesity, diabetes, high cholesterol, hypertension, musculoskeletal problems, herniated discs, and osteoporosis.

But the biggest health issue in the U.S. is heart disease – the No.1 cause of death and it is closely linked to diet.

WORKPLACE AND DIET

Most people are aware that what we ear affects our weight and health. A balanced nutritious diet boosts energy, combats fatigue, reduces anxiety and stress, improves mood and self – esteem.

SAFETY AND DIET

Your diet plays a big role in the safety at work. If you are of feeling good, you do not work to your best ability.

Limit the risks you have by implementing strategies to upgrade your diet. A fundamental step is to have a plan and follow it religiously.

Here Are A Few Tips You Can Religiously Follow When It Comes to Your Diet

1. **Have A Balanced Diet.**

Balancing your diet is all about having a little bit of everything in just the right amount, or better in equal amounts. You may select your own diet contents.

2. **Breakfast Is A Must!**

One should never skip a breakfast. Breakfast, is that one meal that supplies you the most energy and nutrients to survive the day.

3. **Grab A Light Lunch.**

Taking light lunch is a good way to keep the fat being stored in the body longer and in bigger amounts since you are basically just sitting the entire day at the office.

4. **Since You Had Light Lunch, You Must Also Take Light Dinner.**

You can opt to go for lean meat this time- can be fish, chicken and beef, as long as you don’t eat way too much at night. Just make sure to fill in the space in your stomach to last through the night while you’re asleep.

5. **Stay Active.**

It is still vital that you try to involve yourself in physical activities- no matter how short, or how small.

FINAL WORD

While it’s most important for an employer to provide a safe and healthy workplace, it’s also important to encourage healthy lifestyles among their employees. Healthy eating programs can be an important step. These programs can bring lots of people together to learn how to improve their health both at work and at home.