

# Health is Everything Picture This

## 7 Tips For Staying Healthy At Work

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**1 Move!**  
Do "deskercises," park in the farthest parking spot, use the stairs, and walk or bike to work (weather permitting).
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**2 Take breaks.**  
Set break reminders on your phone or computer and truly detach by getting away from your desk/work area for a few minutes every hour or so.
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**3 Pack your own lunch.**  
Restaurant food is notorious for hidden calories and vending machines are not your best resource. Bring healthy food from home.
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**4 Keep clean.**  
Wash your hands often and keep your workplace sanitized as well - especially during cold and flu season.
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**5 Find a friend.**  
Set health and fitness goals with coworkers. Hold each other accountable and celebrate accomplishments.
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**7 Fix your ergonomics.**  
Adjust your chair so your knees are level with your hips, make sure your monitor is at the right height, and use a wrist rest.
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**6 Hydrate.**  
Invest in a reusable water bottle and refill it throughout the day.

  
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Source: [msecnd.net](http://msecnd.net)