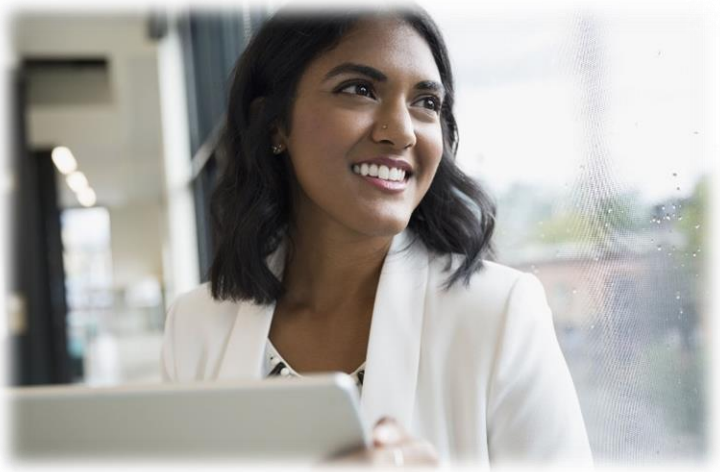
WELLNESS AT WORK

TIPS FOR STAYING HEALTHY AT THE OFFICE

INTRODUCTION TO WELLNESS AT WORK

- Stretches to reduce stiffness in the body and to help reenergize
- An introduction into meditation & its benefits
- Guidelines to eating healthy



STRETCHES

EASY STRETCHES YOU CAN DO AT YOUR DESK THROUGHOUT THE DAY TO HELP INCREASE BLOOD FLOW AND REDUCE STRAINS ON THE BODY

SIMPLE STRETCHES

STAY COMFORTABLE AT YOUR STANDING DESK

STEP 1

10-20 SECONDS

2 TIMES

STEP 2

10-15 SECONDS

1 TIME

STEP 3

10-12 SECONDS

2 TIMES

EACH SIDE

STEP 4

15-20 SECONDS

1 TIME

STEP 5

3-5 SECONDS

3 TIMES

STEP 6

10-12 SECONDS

1 TIME

EACH ARM

STEP 7

10-15 SECONDS

1 TIME

STEP 8

10-15 SECONDS

1 TIME

Stretch 1: Interlock your fingers, face your palms outwards, press away from the chest.

Hold for 10-20 seconds. Repeat twice.

Stretch 4: Raise your shoulders up and roll them towards the back.

Rotate for 10-15 seconds.

Stretch 7: Cross your left leg over your right knee. Place your right hand on your left knee and pull your upper torso towards the left. Hold for 8-10 seconds.

Repeat steps on opposite side.

Stretch 2: Interlock your fingers, with your palms facing away from your chest. Press your hands upwards towards the ceiling until your arms are straight.

Hold for 10-15 seconds.

Stretch 5: Place both arms behind your back with the right hand holding your left hand. Gently tilt your head towards your right shoulder. At the same time, pull your left hand slowly towards the floor.

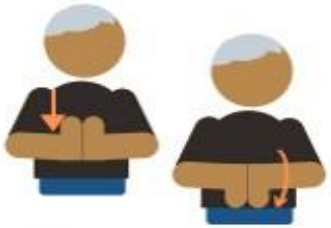
Hold for 10-12 seconds. Repeat the same steps on the opposite side.

Stretch 8: Ensure you're seated closer towards the front of the chair. Place both hands on your lower back and slowly begin to bring your elbows together while arching your back. At the same time, gently tilt your head upwards while taking a deep breath.

Hold for 10-15 seconds. Repeat twice.

Stretch 3: Raise your arms to the ceiling, move your hands to your elbows. Gently pull the right elbow and lean towards the left side.

Hold for 8-10 seconds on each side. Repeat the same steps for the opposite side.



Stretch 6: Place your palms together in front of you. Slowly press your palms together pushing your wrists towards the ground. Hold for 10 seconds.

Slowly release and rotate your wrists away from you, fingers pointed downwards. Hold for 10 seconds.

Stretch 9: Shake out your hands/wrists for 8-10 seconds.

MEDITATION

WHAT IT IS, WHAT ITS BENEFITS ARE, AND HOW TO MEDITATE

WHAT IS MEDITATION

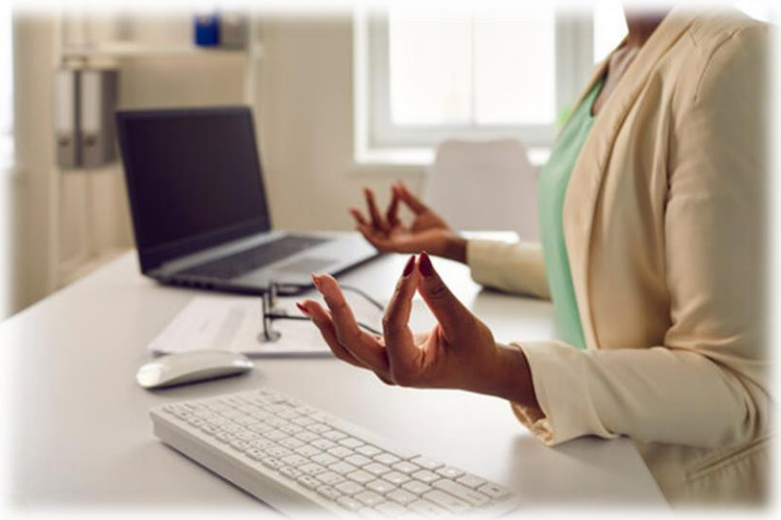
Many of us rush from one task to the next with very little time for the ‘quiet’ in our daily lives. Meditation is a practice that involves focusing or clearing your mind of thoughts using both mental and physical techniques. It is an ancient practice that dates back thousands of years and has foundations in several world religions, however you do not have to be religious to meditate

Research shows there are many benefits for your mind and body when you meditate regularly

BENEFITS OF MEDITATION

Research into the benefits of daily meditation has shown many positive effects physically & psychologically, including:

- Reduces feelings of depression and anxiety
- Increases your energy
- Improves sleep
- Gives you a sense of calm
- Reduces chronic pain



HOW TO MEDITATE

SET a timer for how long you want to meditate, 5-10 minutes a day is a great start
SIT somewhere quiet, free from distractions, upright with a straight spine and close your eyes
TAKE a deep breath and focus on the breath coming and out of your lungs
OBSERVE your thoughts and feelings as they come and let them go
IF your mind starts to wonder, acknowledge them and gently bring your attention back to the breath
CONTINUE focusing on your breath until the timer goes off

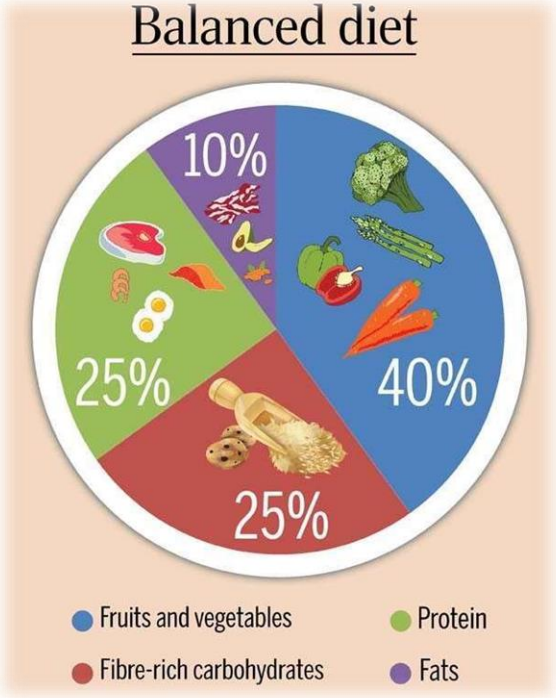
HEALTHY EATING AT WORK

A GUIDELINE TO OPTIMAL NUTRITION

GUIDELINES TO EATING HEALTHY AT WORK

A well balanced diet helps you stay healthy while providing all the energy you need to get you through your work day

To maintain balance, eat from all or most of the food groups



FOOD FOR THOUGHT…

Healthy eating means prioritizing your health by fueling your body with nutritious foods. Eating a wide variety of food promotes a healthy body weight and supports good gut health

- Stock up on fresh fruits and vegetables
- Add protein such as fish or chicken
- Fat sources are also important such as full fat yogurt or olive oil
- Don’t forget potatoes and other starchy veggies
- Limit or cut out sugary drinks
- HYDRATE with water – use fruit slices to add flavor
- Meal plan for the week to avoid choosing fast or processed food on your lunch break