

Walk **NEBRASKA**

Wellness at Work

Think for just a minute about your typical workday. For many Americans, work means hours of sitting, lots of stress, rushed or skipped meals and plenty of high-fat, high-sugar snacks and beverages. Fitting fitness and nutrition into your workday can make a big difference in your performance, attitude and health.

Breakfast is a great place to start. Eating breakfast, especially one with long-lasting protein, can boost morning brainpower and help you resist the temptation to eat that usual donut or mega-muffin. Those who skip breakfast may do so due to lack of time or not feeling hungry in the morning. If you are not hungry, have a glass of juice or a piece of toast before you leave home. Later, when hunger pangs strike, have a nutritious mid-morning snack such as yogurt, a hard-boiled egg or cheese and some whole grain crackers.

Thinking about skipping lunch to finish that report, or get ahead of the paperwork? Think again. You may avoid a dip in your afternoon energy level if you eat lunch. When healthy choices are not readily available, consider brown bagging to meet your needs. Plan ahead for a snack attack and avoid the pitfalls of the vending machine.

When aiming for a healthy weight, physical activity is a must. Fortunately, there are many fun and easy ways to fit fitness into a workday. Here are some ideas:

- 1. Wear a pedometer at work** – Since every step counts, wearing a pedometer is a wonderful motivator to walk more during your workday.
- 2. Walk around the office** – There's no need to sit while you talk on the phone or think – pacing and fidgeting are physical activities!
- 3. Walk and talk** – Need to discuss something with a co-worker? A walking meeting can be more productive – and healthier too.
- 4. Walk up (and down) stairs** – If you have a choice, always take the stairs. Make as many trips up and down as possible.
- 5. Lift weights while you talk** – Keep a weight near the telephone. Pick it up when you get a call and pump your arms while you talk.

Living a healthy lifestyle does not stop when you are at work. In fact, there are many opportunities for improving your fitness, including increased energy and greater productivity. Set your mind to being the best that you can be throughout your day.

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