Staying Fit in the Office:
A Simple Approach to Wellness @ Work

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Is it possible to be fit but unhealthy, or healthy but unfit?
Fitness vs Health

- **FITNESS** is a term that refers to the capacity and capability of your body to perform, based on factors such as your cardiovascular condition, muscular strength, stamina and body composition.

- **HEALTH** a state of complete, mental, social, and physical well-being, where all bodily systems (nervous, hormonal, immune, digestive, etc.) function in harmony.
1. Drink lots of water

- Numerous studies have shown that drinking 8-10 glasses of water throughout the day can promote weight loss.
2. Walk more

- Try to walk during your lunch break. If you drive to work, park farther away, and also take stairs rather than escalators and elevators.
3. Eat Breakfast!

- Studies have shown that consuming breakfast first thing in the morning greatly decreases hunger and cravings throughout the day.
- If you are always on the go pack snacks for the office (nuts, fruit, oatmeal).

- Break the habit of sitting at your desk ALL day. Every hour to two hours take the time to get up and stretch whenever you can.
5. Sleep

Most healthy adults need between 7 to 9 hours of sleep per night to function at their best.
6. Make the Most of Your Breaks

• Use a calendar or planner for reminders.
• Take a few minutes to recharge.
Thank you!