

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

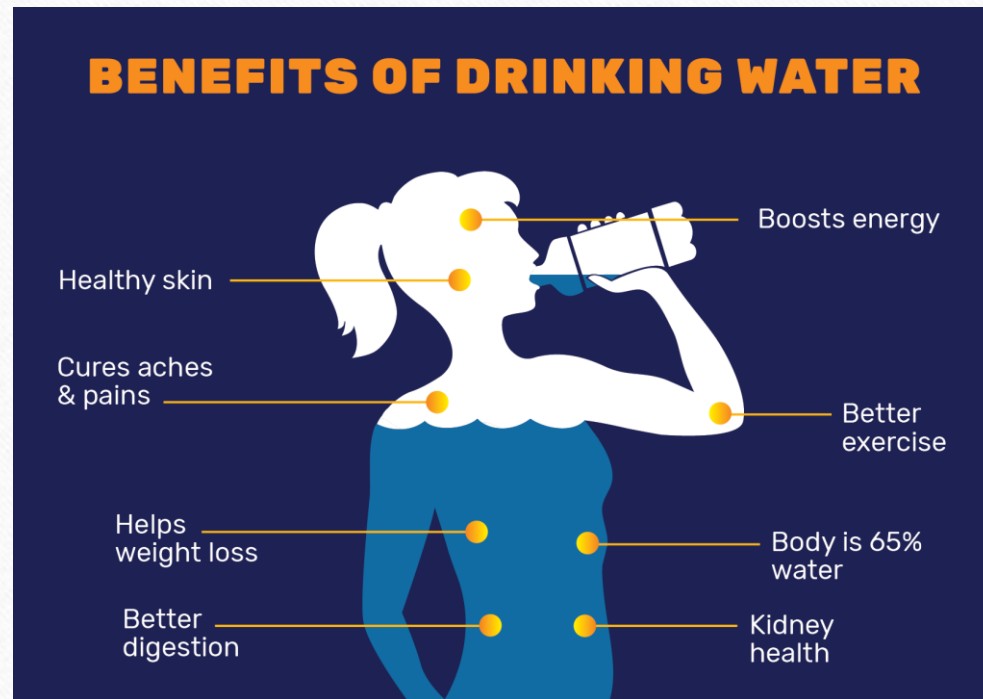
- **FITNESS** is a term that refers to the capacity and capability of your body to perform, based on factors such as your cardiovascular condition, muscular strength, stamina and body composition.
- **HEALTH** a state of complete, mental, social, and physical well-being, where all bodily systems (nervous, hormonal, immune, digestive, etc.) function in harmony.

I wish I could
outsource my
exercise.



someecards

1. Drink lots of water



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

5 REASONS TO WALK MORE

CAN LOWER
YOUR RISK
OF DISEASE



CAN HELP WITH
WEIGHTLOSS

CAN MOVE

CAN
GIVE YOU
ENERGY

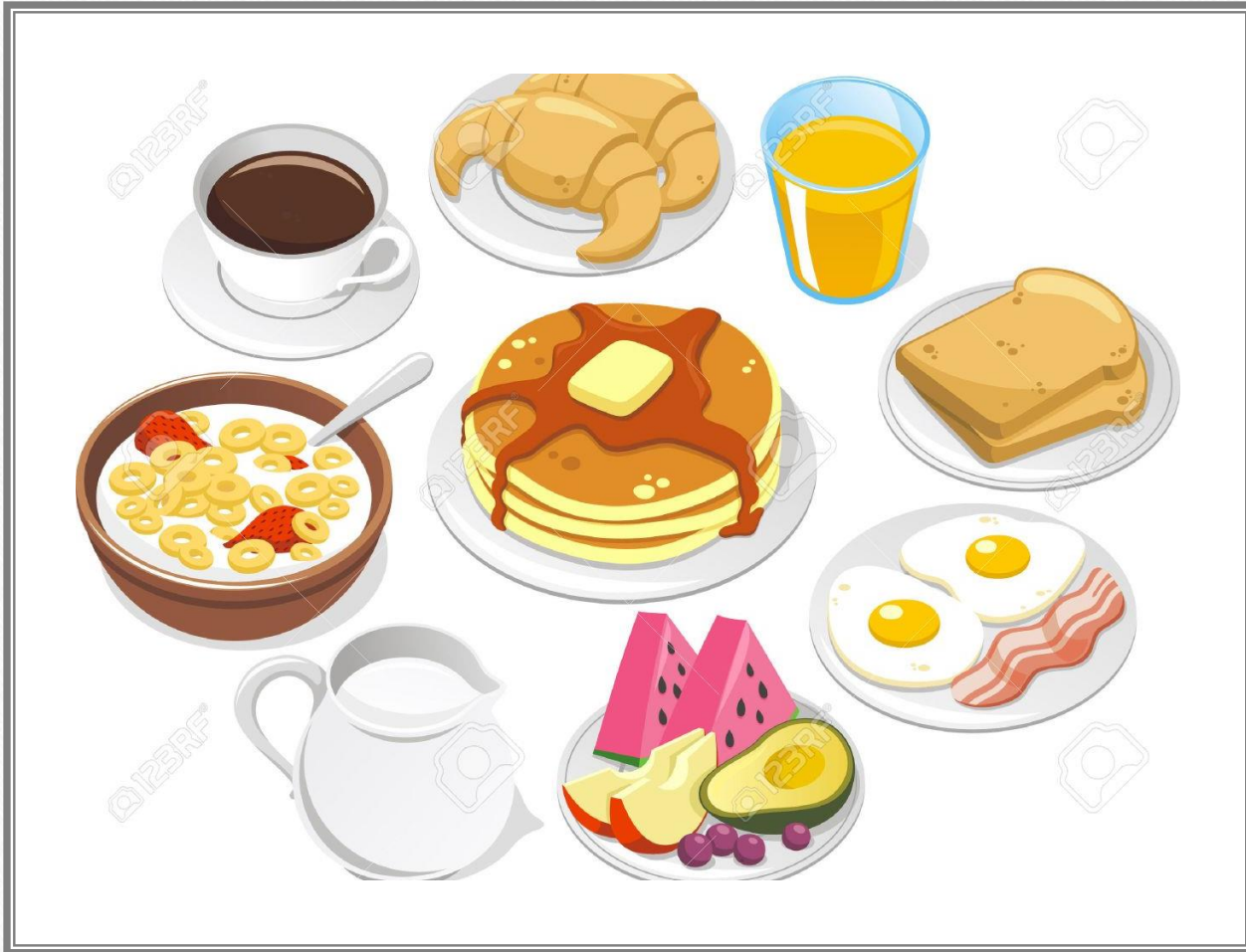
CAN
STRENGTHEN



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).

4. Get up. Move Around.

- 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

- Eyes strained? Tired. Neck pain. Back pain.
- Use a calendar or planner for reminders.
- Take a few minutes to recharge.

**Take
A
Break**

Thank you!
