

## HOW TO MAKE YOUR WORKDAY HEALTHIER



**Summary:** *We have come up with some important tips on how to make your workday healthier so you are not cheating on your diet while away from home.*

In some instances, people struggle with their diet and their healthy living habits when they are away from home and in the office for prolonged periods of the day. Sitting in an office for eight or more hours per day can be grueling and it can lead to very bad eating and drinking habits. Many people will turn to junk food and sugary drinks in an effort to eat on the go or stay awake by drinking tons of caffeinated drinks. We have a list of the best ways to **stay healthy while at work** in today's fast-paced world.

### **Dress Comfortably and Carry Little**

People who dress comfortably for work and who carry lighter bags to and from the office will find it easier to move around during the day. Those who wear clothing that is too heavy, such as a three-piece suit, or heavy winter sweaters, will tend to stay in their office or cubicle for most of the day instead of getting up and wandering around the office.

### **Try to Exercise During the Day**

If it takes you only 10 minutes to eat lunch, but you have an hour for break, make sure you utilize those final 50 minutes to your advantage. Take a walk around the building, outside the complex or even head to a local gym for 30 minutes to use a treadmill or the weights. If you really want to **have a good workday**, exercise in the morning, prior to heading to the office. This makes your day more productive and you will be able to get a better night's sleep.

### **Rock the Music While Commuting**

Instead of listening to the news during your commute, enjoy music for the entire ride. You will not get frustrated by what you hear on the radio and music will get your blood pumping and ready for the day's projects.

### **Stretch Throughout the Day**

Do not sit at your desk for hours on end without moving around for at least a couple of minutes. The more you get up and stretch out, the more likely it is that you will be more productive at work and not take on bad habits.

### **Stand While Talking on the Telephone**

If you have a long telephone call, try to stand during the majority of it. When you stand and walk around, you will burn more calories than sitting down, which is obvious.

### **Never Eat While at Your Desk**

Refrain from eating at your desk during the day. Your schedule should never be so rigid or full that you cannot take five or ten minutes to move to a break room or kitchen to eat something for lunch or a snack.