

TIPS FOR EATING HEALTHY & EXERCISING AT WORK AND SCHOOL

Eating Healthy:

Eating healthy at work or school can be quite a challenge. The work day can be filled with temptations – co-workers are ordering out, your boss wants to take you to lunch, your friends are grabbing Burger King before class, something sweet may cure that 2pm slump, or the stress of the day makes you crave some comfort food.

Here are some tips that will help you to control your appetite and those temptations!

- Bring your own lunch every day – treat yourself on special occasions – birthdays, etc.
- Keep healthy snacks at your desk that you can munch on throughout the day – avoid the vending machines!
- Drink plenty of water during the day (instead of sodas and juices) – bring a water bottle and keep refilling it; consider participating in or starting a water cooler collection in your office.

Check out this website for 'Ten Tips for Healthy Eating at Work': http://www.boston.com/jobs/galleries/healthy_at_work/

Exercising:

It seems that fitting exercise into a busy schedule can be difficult. Maybe you feel overwhelmed to think of fitting in 30-60 minutes at once, or at the end of the day you are too exhausted to even think of hitting the gym.

Below are tips to keep you motivated and to sneak exercise into your everyday routine:

- Take a quick walk around the building when you need a break
- Walk over to your co-worker or friend instead of calling or emailing
- Use the farthest restroom
- Take the stairs
- Hold walking meetings
- Set an alarm to go off hourly to remind you to get up and move

Check out this website for ideas, programs, and advice on staying fit even though you work in an office all day – learn how to stretch, lift, and move for better overall health: http://www.shelterpub.com/fitness/office_fitness_clinic/OFC_clinic.html

GROUP WALK

Monday 4/20

12:00pm

OUTSIDE!!

Meet outside of Student Center Entrance

Rain location: Moore Field House

Come join us!

Nutrition Tip

Large portion sizes are often the reason why people overeat and gain weight. [Are you portion control savvy? CLICK HERE to take the quiz!](#)

Fitness Tip

EXERCISE WATCHING TV!

Use *commercial breaks* to do some squats, pushups and jumping jacks. Then perform crunches, back extensions and static stretching while watching your favorite show! People spend an average of 4 hrs per day watching TV, but have a hard time finding 30 mins for exercise!

Start multi-tasking!

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