



## *Why does wellness in the workplace matter?*

Our coworkers, break rooms and commuting routines all influence our healthy behaviors!

The average adult spends **8.8 hours** per day on work related activities<sup>1</sup>

Or

About **60 %** of the time you are awake!<sup>2</sup>

American's eat about **1/3<sup>rd</sup>** of their food outside of the home & spend **half** of their food budget on take-out & convenience food<sup>3</sup>

## *What healthy default will you try at work today?*

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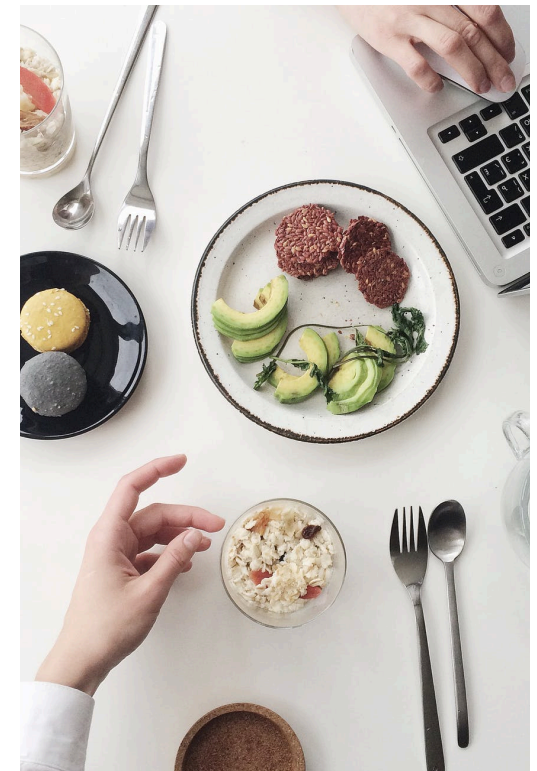
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Forming healthy habits is easier with support, ask your coworkers if they are willing to join!

### References

1. Tabak RG, Hipp JA, Marx C, Brownson RC. 2015.
2. Allan J, Querstret D, Banas K, de Bruin M. 2017.
3. Nnakwe NE. 2018.
4. Cohen DA. 2008
5. Schroer S, Haupt DJ, Pieper C. 2013.

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## **WORK PLACE & WELL BEING**

**Simple hacks to better health!**

*How much does your workplace affect your wellness?*



## Plan Ahead at Home

- Keep gym bag or sneakers in the car as a visual motivator
- Invest in reusable containers and bags to make packing lunch easier
- Keep extra snacks or gum in the car to avoid stopping on the way home

Try...

*Popcorn, mixed nuts & dark chocolate or peanut butter & fresh fruit!*

## Food & Our Environment

Our everyday environment promotes weight gain, making it hard to form a healthy lifestyle.<sup>2</sup>

2/3<sup>rds</sup> of Americans are overweight or obese<sup>4</sup>

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### *Healthy Defaults:*

*Change your environment,*

*change your behavior*

*Simple cues to make the healthy choice, the easy choice!*

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### **Weight loss is much more than counting calories and working out**

Much of our behavior is cued by our environment, we are often unaware of our own decisions.

#### Unhealthy food is...

- Accessible
- Appetizing
- Inexpensive
- Unavoidable

We are tempted by over **170,00** fast food restaurants and **3 million** soda vending machines around us!<sup>3</sup>

***Count how many fast food places on your daily commute!***



## Workplace Wellness Tips

Encouraging a healthy workplace improves productivity, attendance and mood of employees!<sup>5</sup>

### Healthy defaults at work...

- Ask for smart snacking options in vending machines
- Keep a water bottle in your work station
- Use smaller plates and bowls in break room
- Keep locker with healthy snacks to satisfy cravings
- Many whole food, frozen meal options are available, keep a few in the freezer as a backup
- Eat lunch outside or talk to a coworker to slow down & enjoy meal times
- Limit distractions while eating like phones and TV