HEALTHY LIVING @ WORK

Good nutrition combined with physical activity are key ways to lead a healthy lifestyle. Improved health and higher morale lead to greater job satisfaction and increased productivity. Follow these monthly tips to encourage a healthier workplace throughout the year.

**JANUARY: BREAK THE HABIT**
If you smoke, NOW is the time to quit. Provide employees with the resources needed to quit, many of which are free.

**FEBRUARY: SMART SNACKING**
Set a "Healthy Snacks Only" policy for all shared food items brought to the office.

**MARCH: RETHINK YOUR DRINK**
Moderate alcohol consumption is defined as having up to 1 drink per day for women and up to 2 drinks per day for men.

**APRIL: READ THE LABEL**
Excessive sugar consumption is linked to obesity. Limit your daily sugar intake to 24 grams for women & 36 grams for men.

**MAY: WALK AND TALK**
Turn meetings into walking meetings. Research shows that walking makes people more creative.

**JUNE: MANAGE YOUR STRESS**
Track your stressors. Identify them and develop healthy responses. Exercise, relaxation techniques and talking with a trusted friend can help.

**JULY: WALK IT OFF**
Park your car in the farthest parking spot. Ditch the elevator and take the stairs.

**AUGUST: DRINK LOTS OF WATER**
It's common to mistake thirst for hunger. Staying well hydrated will help you make healthier food choices.

**SEPTEMBER: SWEAT FOR A CAUSE**
Support an entry into an office team event or fundraiser, such as a bike relay, 5k run or walk.

**OCTOBER: REST AND REFRESH**
Get plenty of sleep. Go to bed at a regular time each day and practice good habits to get better sleep.

**NOVEMBER: SCHEDULE BREAKS**
Use your phone to schedule a few mini-breaks throughout the day. Stand up, stretch & take a few deep breaths to re-energize.

**DECEMBER: GRATITUDE ATTITUDE**
A culture of kindness has the power to make our daily grind more meaningful and effective. Share a smile, recognition and kindness.

VISIT BURLCOJIF.ORG OR CONTACT YOUR JIF'S WELLNESS DIRECTOR TO DISCOVER MORE WAYS TO IMPLEMENT WORKPLACE WELLNESS PROGRAMS IN YOUR MUNICIPALITY

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