

4 Tips for staying Healthy at work

Small changes can equal big results

Being healthy at work can increase productivity and reduce stress and sickness.

Take Regular Breaks

Take regular 5 minute breaks every hour. Adding this to your day will help reduce the risk of overuse injuries and pains from sustained postures.

Tip – If you use your phone frequently, always stand up when speaking.

Swap it

Swap Sitting for Moving

Swap Email messages for hand delivery

Swap Fried food for Fresh food

Swap Fizzy drinks for Water



Introduce Walking Meetings

Thinking, talking, and walking are inextricably linked through history. It is only a recent idea that we meet around tables, seated in chairs. Head back in time and feel the benefits.



Benefits include -

- Physical activity that fits into the day
- Energized and more alert participants
- Different environments to inspire new ideas
- Improved physical and mental wellbeing

Pack your own lunch

Studies have shown that people who eat lunch out less frequently are more likely to lose weight. Even one fast-food meal a week can do damage, including increasing your risk for heart disease. Ensure your diet is full of fresh fruit, vegetable, lean meat and nuts/grains.



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