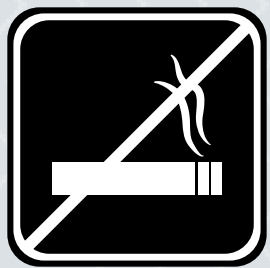


# HEALTHY LIVING @ WORK

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.

## JULY: WALK IT OFF



Park your car in the farthest parking spot. Ditch the elevator and take the stairs.

## FEBRUARY: SMART SNACKING



Set a "Healthy Snacks Only" policy for all shared food items brought to the office.

## AUGUST: DRINK LOTS OF WATER



It's common to mistake thirst for hunger. Staying well hydrated will help you make healthier food choices.

## MARCH: RETHINK YOUR DRINK



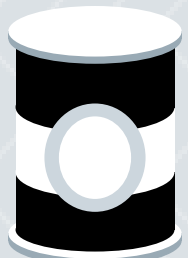
Moderate alcohol consumption is defined as having up to 1 drink per day for women and up to 2 drinks per day for men.

## SEPTEMBER: SWEAT FOR A CAUSE



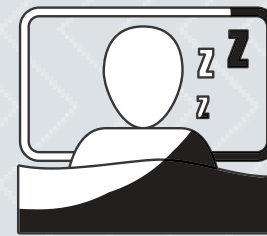
Support an entry into an office team event or fundraiser, such as a bike relay, 5k run or walk.

## 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.

## 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.

## MAY: WALK AND TALK



Turn meetings into walking meetings. Research shows that walking makes people more creative.

## NOVEMBER: SCHEDULE BREAKS



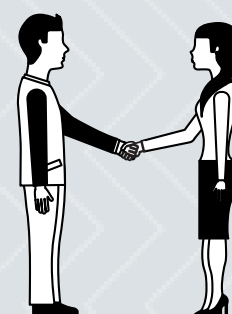
Use your phone to schedule a few mini-breaks throughout the day. Stand up, stretch & take a few deep breaths to re-energize.

## JUNE: MANAGE YOUR STRESS



Track your stressors. Identify them and develop healthy responses. Exercise, relaxation techniques and talking with a trusted friend can help.

## 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 [TRICOJIF.ORG](http://TRICOJIF.ORG) OR CONTACT YOUR JIF'S WELLNESS DIRECTOR TO DISCOVER MORE WAYS TO IMPLEMENT WORKPLACE WELLNESS PROGRAMS IN YOUR MUNICIPALITY



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