Fitting fitness and nutrition into your workday can make a big difference in your work performance, energy, stress, weight management and overall health. With a few simple steps to eat smart and move more while you are at work, you can develop healthier habits that lead to a lifetime of good health.

Health*Matters is the wellness program for faculty and staff with campus partners including:


Practice Healthier Habits at Work

Move more - get active 30 minutes daily.
• Walk, bike, bus, BART to work.
• Wear a pedometer for motivation to reach 10,000 steps a day.
• Take the stairs instead of the elevator.
• Go for 10-minute walk breaks every day. Form a walk break team with your co-workers.
• Stretch your shoulders, neck and back throughout the day.
• Keep exercise shoes and clothes at work.
• Go for walk and talk meetings.
• Find a walking partner at work.
• Join Health*Matters Walking Group; become a member of RSF.

Eat smart - one bite at a time.
• Set small goals for lasting improvements to your eating habits.
• Eat breakfast.
• Include fruit or vegetables at every meal and snack to get 5-9 servings a day.
• Drink tap water to replace sodas, flavored coffee drinks, juices and other high calorie beverages.
• Manage your portions.
• Keep a basket of fruits, vegetables, healthy snacks at your desk.
• Pack your lunch.
• Include healthy food options at meetings, events, and potlucks.
• Choose wisely when you visit the vending machine.
• Prepare some weeknight dinners over the weekend.

Campus Resources

• Nutrition, risk reduction and weight management programs: Leading a Healthy Lifestyle workshop; Eat Smart, Get Fit, behavior change program. Check ICE to enroll or call Health*Matters at 643-4646.

• Fitness programs: Step Up to Fitness workshop on pedometers, strength training and flexibility; Health*Matters Walking Group meets every MWF, 12:10 pm at the Campanile (year-round). Check ICE for the schedule and to enroll.

• Recreational Sports: WorkFIT, free 30-day trial memberships, fitness classes. See the website at http://calbears.berkeley.edu.

• www.uhs.berkeley.edu/facstaff/HealthMatters to find resources on:
  • Nutrition and healthy eating
  • Exercise and fitness tools
  • UC Berkeley Guide to Healthy Meetings and Events