



Healthier Habits at Work

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:

Office of Environment, Health & Safety, Human Resources: Benefits, Physical Education Program, Recreational Sports, UC Police: Office of Emergency Preparedness, and University Health Services: CARE Services, [Disability Management Services](#), Ergonomics@Work, Occupational Health Clinic, and Work/Life. 643-4646. Updated 2008



Practice Healthier Habits at Work



Make every Monday the day to start and sustain healthy behaviors.

- ☞ **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 foods 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*