



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.



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.
 - Replace a coffee break with a 10-minute walk break.
 - 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.
 - Eat 5-9 servings of fresh fruits and vegetables a day.
 - Make water your beverage of choice.
 - Manage your portions.
 - Keep a basket of fruits, vegetables, healthy snacks at your desk.
 - Pack your lunch.
 - Include healthy foods at meetings, catered events, and potlucks.
 - Choose wisely when you visit the vending machine.
 - Limit sodas, fruit juices, sweetened beverages to 6-8 oz a day.
 - Prepare some weeknight dinners over the weekend.

Campus Resources

- **Nutrition programs:** ALIVE! 12-week email intervention; **Heart Smart Nutrition** 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, memberships, fitness classes and more, see the website at <http://calbears.berkeley.edu>.
- **e-Resources:** visit Health*Matters website at 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*