



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 UC Berkeley's wellness program for faculty and staff with campus partners including:

Office of Environment, Health & Safety, Human Resources, Physical Education Program, Recreational Sports, and University Health Services: CARE Services, Disability Management Services, Ergonomics@Work, Occupational Health Clinic, and Work/Life. Updated 2011.

Contact Health*Matters: 643-4646



Practice Healthier Habits at Work



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

Move more - fit 30 minutes of activity into your work day.

- 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.
- Interrupt sitting, stand-up and move at least every hour.
- Keep exercise shoes and clothes at work.
- Schedule "walk 'n talk" meetings.
- Have a destination or task to complete for motivation to walk.
- Join Health*Matters Walking Group; become a member of RSF.
- Stretch your shoulders, neck and back throughout the day.

Eat smart - one bite at a time.

- Set small goals for lasting improvements to your eating habits.
- Eat breakfast. Pack your lunch.
- Include fruit or vegetables at every meal and snack.
- 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.
- Include healthy foods choices at all meetings, events, potlucks and celebrations. If bringing in food to share with co-workers, share healthier options such as pear tomatoes or cubed pineapple.
- Use the weekend to prepare fresh foods for lunches and dinners.

Campus Resources

- **Know Your Numbers** health screening, **Leading a Healthy Lifestyle** webinar; **I CAN! Commitment to Activity and Nutrition** behavior change program, **Quick and Healthy Meals** cooking classes, and more. Enroll UCB Learning Center.
- Participate in **FUNctional Fitness** to learn strength building exercises for anytime, anywhere; **Health*Matters Walking Group** meets every MWF, 12:10 pm at the Campanile (year-round). **Step Up to Fitness** workshop available with quality pedometers at cost (\$7).
- **Recreational Sports:** WorkFIT, free 30-day trial memberships, fitness classes and more. See the website at <http://recsports.berkeley.edu>.
- www.uhs.berkeley.edu/facstaff/HealthMatters to find resources on:
 - Healthy eating, fitness tools
 - *UC Berkeley Guide to Healthy Meetings and Events*
 - *Instant Recess*, a 5-min video for activity breaks for meeting breaks or have some fun and use it in your office!