Practice Healthier Habits at Work

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.
• Take destination walks to complete a task and fit fitness into your day.
• 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.
• Make half your plate vegetables. Make fruit your dessert.
• 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

uhs.berkeley.edu/facstaff/healthmatters:

• Know Your Numbers health screening, Living Well webinars, nutrition workshops, I CAN! Commitment to Activity and Nutrition and Maintain Don't Gain behavior change programs, Cook Well Berkeley cooking workshops, Ask the Dietitian email service and more.

• Berkeley Walks -- Health*Matters Walking Group meets every MWF, 12:10pm at the Campanile (year-round); pedometers at cost ($7); tracking tools, Functional Fitness and other fitness workshops.

• Eat Well Berkeley at campus restaurants, catering, vending

• UC Berkeley Healthy Meeting and Event Guide

• Activity Breaks for standing, stretching, relaxing, walking and movement breaks, including Instant Recess

• UCB Wellness Ambassadors; workshops for departments

Recreational Sports: WorkFIT, free 30-day trial, discounts memberships, fitness classes, massage services, more. See recsports.berkeley.edu.