



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 Wellness Program for Faculty and Staff. Campus partners include: 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 2015.



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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.