



Healthier Habits

Fitting fitness and good 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.

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/day.
- Take the stairs instead of the elevator.
- Go for 10-minute walk breaks every day.
- Take at least 250 steps 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 Berkeley Walks Walking Group or WorkFit exercise classes.
- 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. Enjoy fruit for dessert.
- Drink water to replace sodas, flavored coffee drinks, juice drinks, and other sugar sweetened beverages.
- Manage your portions.
- Keep a basket of fruits, vegetables, almonds, and other 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/wellness

- **Know Your Numbers** health screening, healthy lifestyle programs, nutrition and fitness workshops, **Cook Well Berkeley** cooking workshops, **Ask the Dietitian** email service, and more.
- **Berkeley Walks Walking Group** meets every MWF, 12:10pm at the Campanile (year-round); pedometers at cost (\$7); tracking tools.
- **Eat Well Berkeley** catering, restaurants, and vending. UC Berkeley Healthy Meeting & Event Guide
- **Activity Breaks** for standing, stretching, relaxing, walking, and movement breaks.
- **UCB Wellness Ambassadors** for department communications and healthy culture.
- **Recreational Sports:** WorkFIT, free 30-day trial, fitness classes, and discounted memberships. See recsports.berkeley.edu.



Be Well at Work
Faculty/Staff Health Programs

uhs.berkeley.edu/bewellatwork