



Staying Healthy at Work

The dreaded cold and flu season is still among us. It is circulating among offices and businesses, and it's likely that it has hit yours a time or two (or more). But, you don't have to be among the sick during this season - there are actually several things that you can do both in and out of the office that can build your immune system and increase your chances of staying healthy.

Get Enough Sleep

Productivity and energy aside, your body needs adequate sleep to help it to fight off germs, viruses, and bacteria. So, be sure to get at least eight hours of sleep each night. Easier said than done you say? Think of it this way: it's better for your **career** to make time for extra hours of needed sleep than to have to call in sick!

Clean Your Workspace

Grab a big container of anti-bacterial wipes, and go to work! You may not know it, but things like your keyboard, mouse, phone, cell phone, and more things that you touch daily could be breeding grounds for germs and bacteria, so be sure to disinfect them regularly. Even if you are the only person touching those things, you may be transferring germs from other things you touch, thus possibly re-infecting yourself daily!

Wash Your Hands Often

This may sound like a no-brainer, but surprisingly enough, many people don't do it as often as they should. Wash your hands regularly, especially after touching things in areas that a lot of people frequent, i.e. break rooms, copy rooms, and bathrooms! Also, keep a bottle of hand sanitizer in your office to use when you can't wash your hands every second, and offer some to co-workers when they come into your workspace.

Eat Healthy

If you're not getting the nutrients that your body needs, it can't fight off bugs, so be sure to eat balanced meals. If you can't always do this, consider taking a multi-vitamin to ensure that you're getting what you need. Also, to avoid unhealthy eating during the workday, keep some healthy snacks at your desk, like almonds, dried fruit, or fiber crackers. These will help to keep your hunger at bay.



Drink Lots of Water

It is recommended that you drink eight glasses of H₂O a day. This helps to detoxify your body and keep it healthy. Keep a water bottle at your desk and carry it with you to help you meet this goal.

Stop Smoking (or Don't Start!)

One of the worst things that you can do for your health (both short and long term) is to smoke. Statistics prove that smokers have a higher rate of illness and are more likely to have lost-time and sick days on the **job** than their non-smoking coworkers. And, from a productivity standpoint, you're less productive when you have to take frequent smoke-breaks throughout the day. So, find a local cessation program, and work on quitting if you do smoke, and if you don't, never start!