



Maintain a Healthy Lifestyle at Work

We spend most of our time during the day at work. Therefore, it is important that we maintain a healthy lifestyle at the workplace. Most of us get so engrossed in work that we forget to eat our meals, drink water and take breaks. However, we don't realize that skipping breaks and meals hampers our productivity and efficiency at the workplace. Every individual should practice wellness by eating healthy and staying fit, even in the office. Listed below are a few tips to practice a healthy lifestyle at the workplace.

Eat Right

We are usually rushing in the morning and tend to skip our breakfast. Breakfast is the most important meal of the day. It is advisable by nutritionists to consume a heavy and healthy breakfast. You can also choose to pack high nutrition food items for your lunch and snacks that you can carry to work. You should eat in the office cafeteria or outside the office and not at your desk.

Grab a quick snack every couple of hours. Avoid having food items that are high in calories and bad for your health. Stay hydrated. Drink as much water as you can. Most of us are addicted to tea or coffee at work. However, it is advisable to limit the intake of caffeine. You can replace coffee or tea with healthy juices, green tea, etc.

Take Breathers and Breaks

When you are at work, you often sit at one place for long hours. This stops the blood circulation in your body and can lead to stress. Take small breathers or breaks every couple of hours. You can practice light exercises sitting at your desk to calm your mind and improve flexibility.

Pick an Activity

It is very important to stay energized and active at work. You can choose to walk down to your colleague's desk rather than calling him/her over the phone or sending an email. You can take stairs to reach your office rather than an elevator. You can also include activities like cycling, brisk walking, etc. in your daily schedule to stay fit.

Keep Your Desk Clean

Clutter can cause stress. Therefore, you need to ensure that you keep your desk and surrounding



areas clean. Place a small trash can nearby and ensure all the clutter is cleaned up and not scattered.

Body Language

The way you stand, sit, speak and behave displays your personality. Ensure that you sit upright with your back straight and don't lean on the chair. Be polite, humble and generous.

Manage Stress

We all experience stress at some point in life and often at work. It is important that you know how to [manage stressful situations at work](#). Avoid arguments and ego clashes. Be optimistic and identify things that stress you at work. More importantly, don't carry the baggage home; learn to balance your personal and professional life.

Life at work can be fun and enjoyable if you maintain a healthy lifestyle at work. Practice these tips and share them with a colleague, and you will find that you love going to work every day.

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