

# Cultivating a Healthier You at Work

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After this presentation, you will be able to:

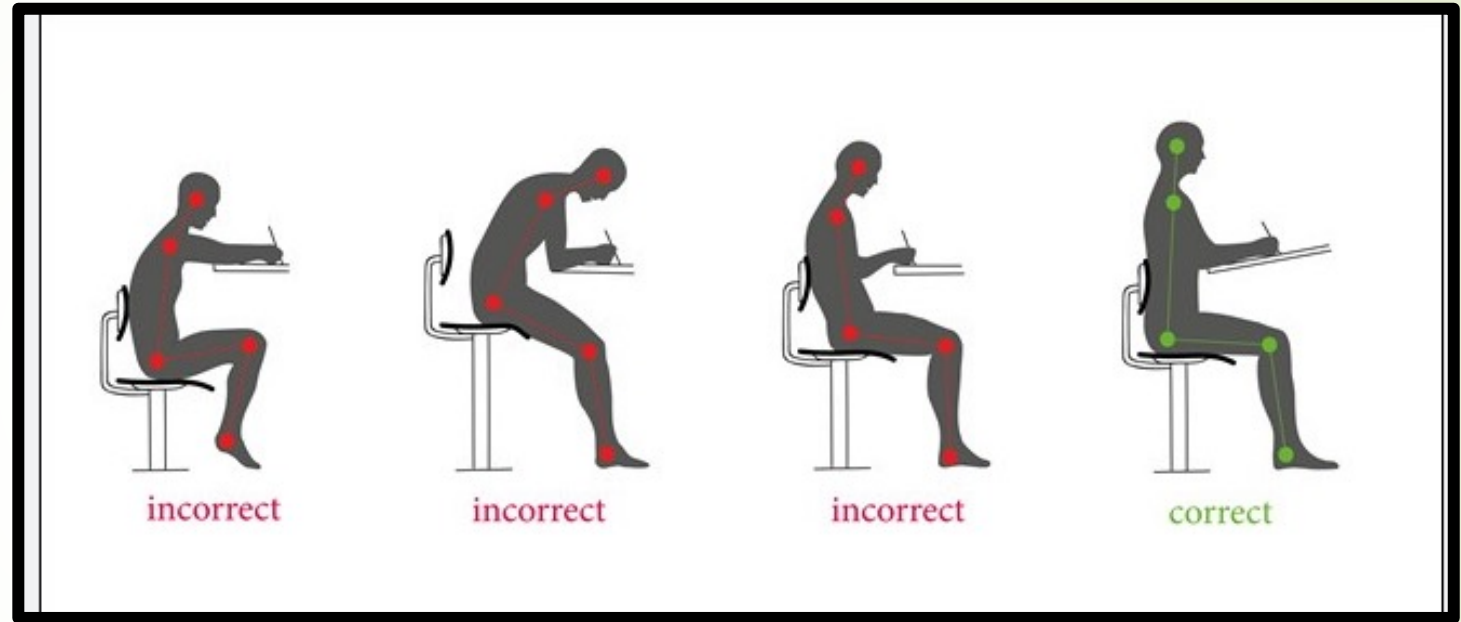
- Set up an ergonomically correct desk to cultivate a healthier office
- Express knowledge about healthy office habits to promote relaxation and stress reduction
- Demonstrate mindfulness exercises that can be done from your office
- Describe ways to better prepare for lunch and snacks at work
- List at least three healthier snack options
- Describe three ways you can be physically active at work



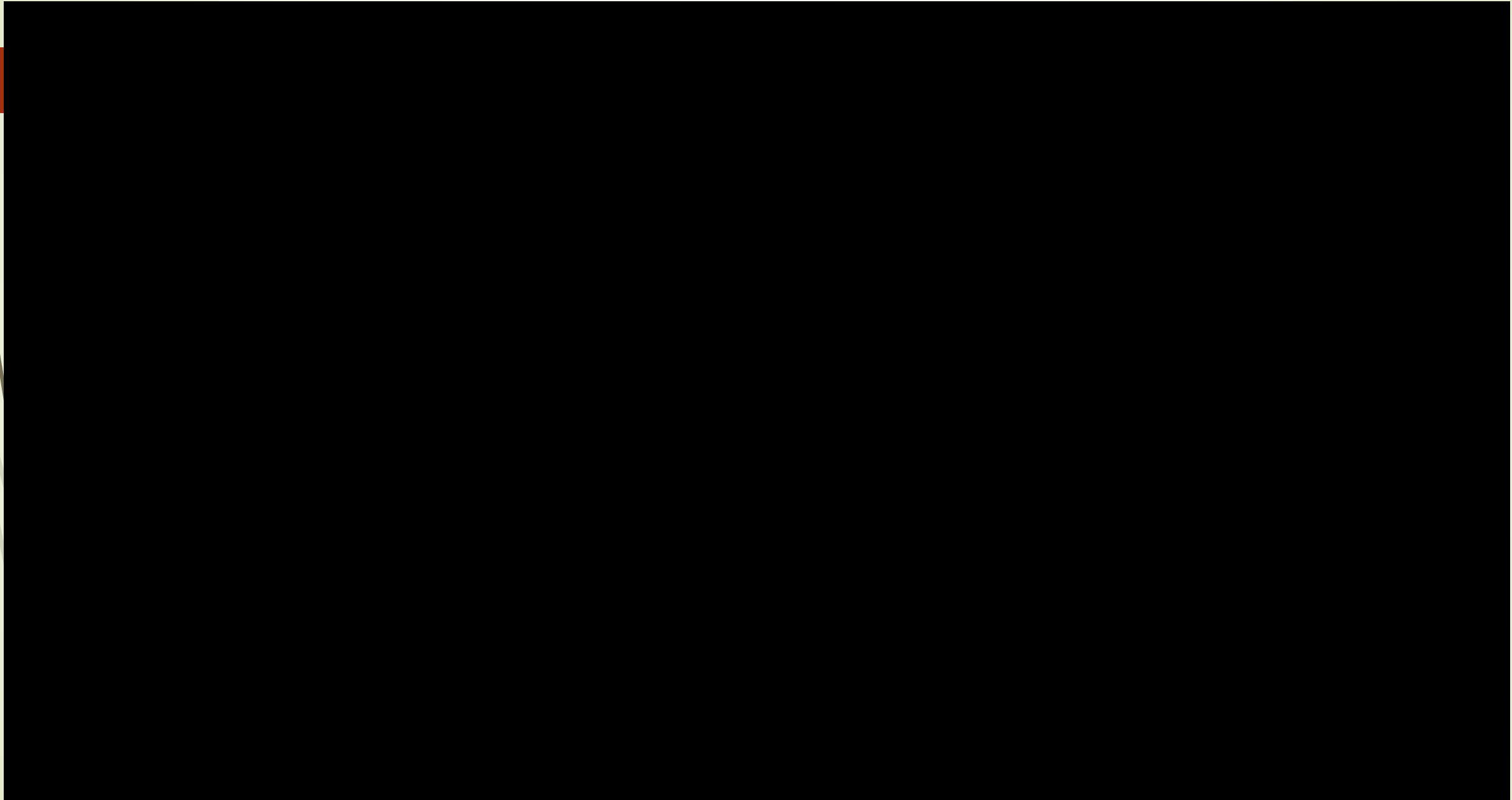
(Kihlstedt, 2023)

Sit Like You Have a Tail

Flexion is  
'death' ...  
Extension is  
'life'



(Konga Fitness, 2023)



## Ergonomic workstation setup

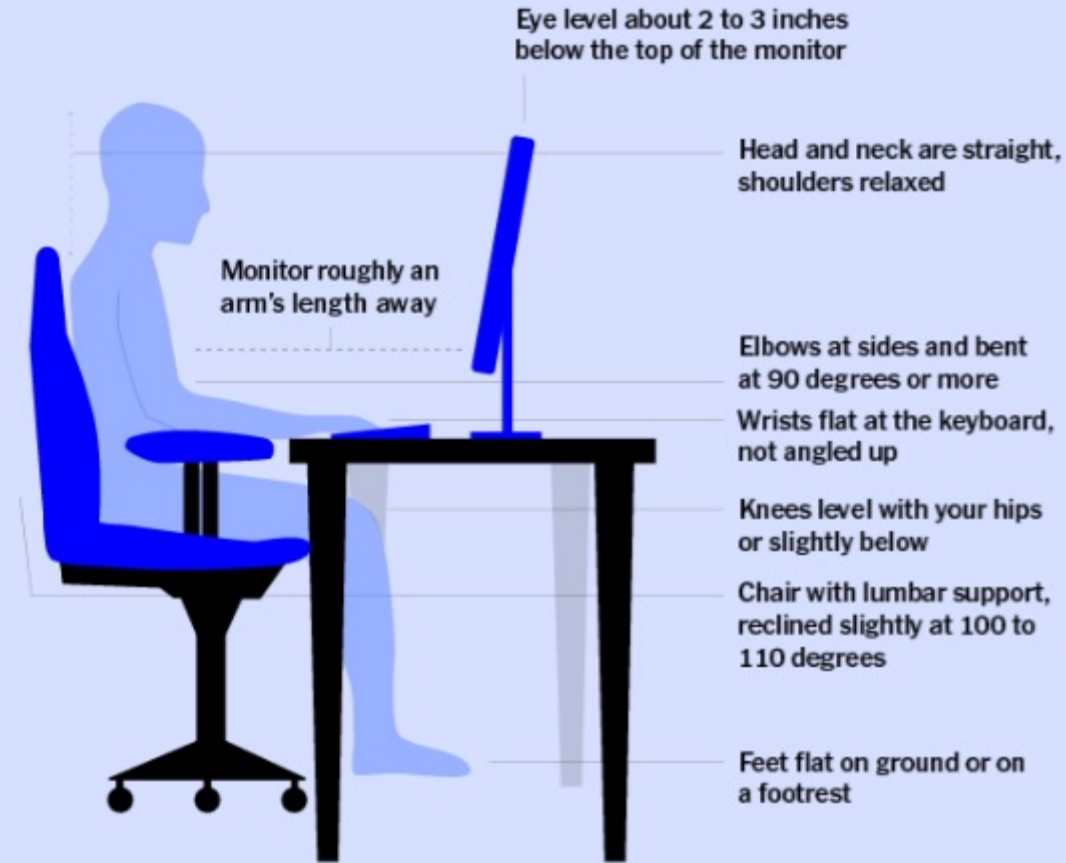


Illustration: Sarah MacReading

(NY Times, 2020)

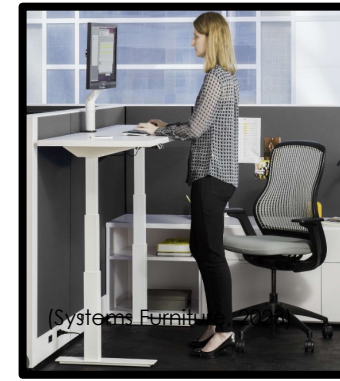


(Workplace Unlimited, 2023)

### Traditional Desk

- ❑ Adults spend over two-thirds of their workday in a static seated position
- ❑ Sitting for prolonged time is linked to increased risk of obesity, type 2 diabetes, musculoskeletal disorders, cardiovascular disease, and premature mortality

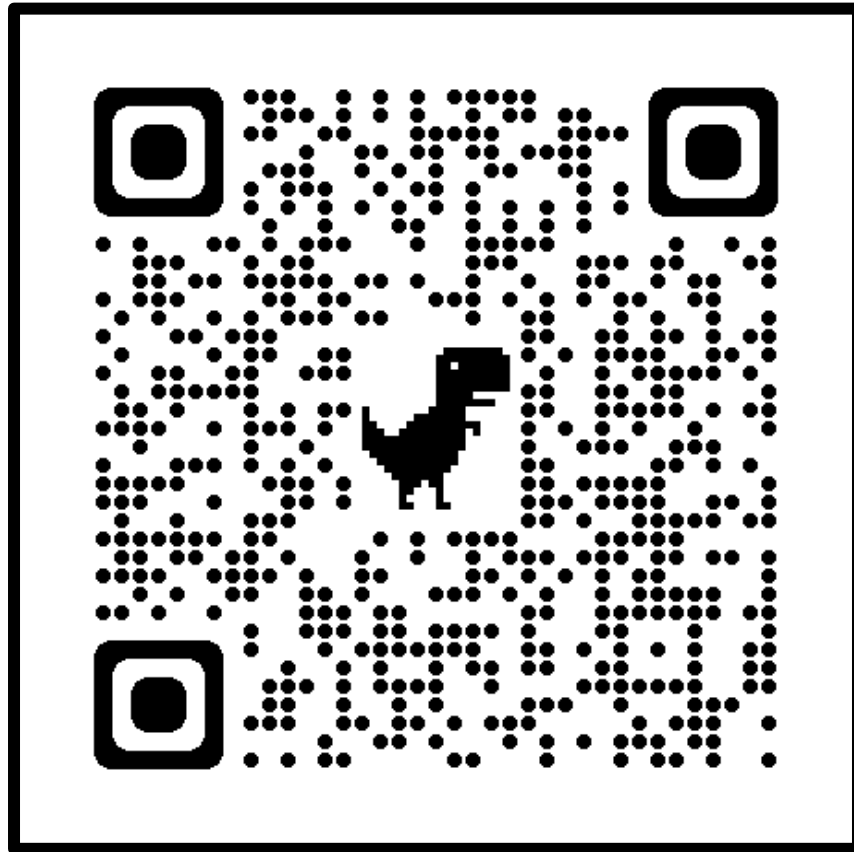
(Garland et al., 2018)



(HuffPost, 2023)

### Adjustable/Standing Desk

- ❑ More sustained energy levels
- ❑ Greater alertness
- ❑ Lower systolic blood pressure
- ❑ Improved glucose and insulin metabolism
- ❑ Reduced low back pain



## Desk Stretching Videos

(Princeton University, 2023)





# Managing Stress at Work

- ▶ APA's Annual Stress in America Survey identified work as a significant stress for a majority of Americans.
- ▶ Stress takes a toll on your well-being
- ▶ There are steps you can take to manage stress.
  - ▶ Track your stressors
  - ▶ Develop healthy responses
  - ▶ Establish Boundaries
  - ▶ Take time to recharge
  - ▶ Learn how to relax
  - ▶ Get support





# Mindfulness At Work

- ▶ [Ten Mindfulness Exercises for Work](#)
- ▶ Let's Practice Together:
  - ▶ Breathing Into Tension
  - ▶ [Breathing Into Tension Worksheet and Reflection](#)

# Effects of Skipping Lunch or Eating Out Often



## ➤ **Effects of Skipping Lunch**

- Increased anxiety
- Decreased energy & productivity
- Mixed up cues
- Irregular digestion

## ➤ **Effects of Eating Out**

- Poorer food choices
- Larger portions
- More costly

# Food Prepping Can Help!

- Take the time!
- Food prep weekly or nightly
- Quick meal options
- Remember your free meal in cafeteria!
- Hold each other accountable for eating food brought!





# Where You Eat Matters!

- **Effects of Eating at Your Desk**
  - Decreased productivity
  - Tend to eat quickly
  - Increased feelings of isolation
- **Challenge for You**
  - Eat away from your office
  - Eat with others
  - Take your entire lunch

# Smarter Snack Options





# Smarter Snack Options







# Smarter Snack Options

# Exercising at Work

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- Full-time workers spend an average of 8 hours daily at work
- 1 in 4 adults sit more than 8 hours a day and sitting has been called “the new smoking” (Park, 2018; Ussery et al, 2018)
- Aim to incorporate movement into your daily work routine
- **Benefits of Exercising**
  - Elevated mood
  - Lower stress
  - Improved concentration
  - Sharper memory
  - Enhanced creativity
  - Increased energy
  - Improve overall health





# Make YOU a Priority

- Employees who visited the gym reported managing their time more effectively, being more productive, and having smoother interactions with their colleagues. They also went home feeling more satisfied at the end of the day (Coulson et al. 2008)
- **Available Resources**
  - Foy Fitness & Recreation Center
    - Free or fee
    - Group classes
    - [Foy Fitness & Recreation Center](#)

# Make YOU a Priority

## Available Resources Cont...

- Walking/Running
- Yoga
- [Office exercises](#)
- Apps
- APSU Insurance
- Offer programs
- [Blue365 Discounts](#)
  - Gym memberships/personal trainers
  - Fitness gear like trackers and apparel
- Department Challenges
  - Most steps/miles
  - Flights of stairs
  - Push-ups/Squats

## Examples of Fitness Apps





Questions???

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