

# Workplace Wellness - Eating & Living for Energy

Most of us are aware of the massive, sometimes life changing, benefits of leading a balanced life can be. We've read about the positive effects of choosing nutritious meals and snacks, of proper hydration, challenging our fitness levels and having a good laugh. We understand that what we eat, how we eat, when we eat and even making sure to eat with others are each choices that can really make a positive difference to our work day.

Over time, good small choices really add up! By eating and living in a balanced way, we can even lower our risk of illnesses like heart disease and diabetes. We can reach and maintain our 'Right Weight' even during these times when obesity is reaching epidemic proportions in Canada.

The demands of work can really get in the way of a gainful nutritional path along the road to fitness, happiness and good health so why not try these tips and reminders?

***Our productivity and our energy can increase, our confidence soars just by making a few healthy choices each day.***



•**Hydrate** - Consider filling yourself an entire jug for the day, to keep on your desk or in your work area. Lemons have so many health benefits and just a squeeze of this powerful antioxidant can change boring to beautiful.

•**Eat a rainbow** of colours. It is suggested adults eat more than more than 7 servings of fruits and vegetables each day. The more colours, the wider the variety, and the closer to the local field the better. Go raw. Bring 1 piece of seasonal fresh fruit each day.

•**Lower the sodium.** You may add salt to your meals but check the sodium of the foods you buy for work aren't too high. Smoked meats and prepared soups can be culprits

•**Snack**-Adults should get 25g of fibre daily. This can be challenging. If you choose granola and fruit bars for a snack, aim for 3g or more of fibre and bars with lower carbohydrate levels.

• **Walk outside.** Get in the habit of a daily walk at lunch. Ask friends along for motivation and try not to let inclement weather get in the way of this adventurous routine.

• **Stretch** your legs, your hands, even take a few side bends. Limber up throughout your work day.

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Through personalized plans she empowers everyone with the knowledge to take the next right step. Carol helps us to reinvigorate our health, reach our 'Right Weight', increase energy and bring new vibrancy to each day.

To bring improved wellness to your own life or workplace...

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