



## Worksite wellness is important

On average, Americans working full-time spend more than one-third of their day, five days per week, at the workplace.\*

### It pays to work healthier!

- Improve productivity
- Reduce absenteeism
- Contain health care costs
- Decrease injuries
- Reduce disability
- Improve employee morale

\* CDC, 2013



# HealthiestWeight



## Take physical activity breaks

- There are 1,440 minutes in a day, schedule 30 of them for physical activity.
- Take the stairs whenever possible.
- Grab a “sole” mate and walk during breaks.
- Change your coffee break to a physical activity break.
- Achieve a goal of 10,000 steps a day to reduce the risk for chronic disease for a longer, healthier life.



## Don't use tobacco

- Cigarette smoking is responsible for more than 480,000 deaths per year in the U.S.—about one in five deaths.\*
- Tobacco Free Florida offers three free and easy ways to quit: a quit coach, an online program or face-to-face help.



## Treat yourself well: eating healthy can be simple

- Snack smarter: choose healthier options from vending machines.
- Add nutrition to your commute: keep healthy snacks in your car.
- Choose healthy options when dining in the cafeteria. Pack healthy foods for lunch like Fresh from Florida® fruits and vegetables.
- Hydrate during the work day: choose water over sweetened drinks.



## Take de-stress breaks

- Occasional breaks throughout the day can restore energy and increase productivity.
- Try “desk workouts”: stretch at your desk.
- Time outdoors improve physical and mental well-being.



## Make office meetings & celebrations healthier

- Serve delicious Fresh from Florida® fruits and vegetables to keep attendees alert, productive and full of energy.
- Lead a brisk walk around the room, and stretch breaks or standing breaks during meetings.
- Host walking meetings using a designated walking route.



[www.healthiestweightfl.com](http://www.healthiestweightfl.com)