

6 Steps

FOR A HEALTHY LIFESTYLE IN THE WORK PLACE

1. Work-Life Balance

Reduce risk of burnout



- Prioritise & focus on tasks at work
- Allocate time for family, friends and hobbies
- Nurture spiritual health

2. Exercise

▪ Improves physical health



- Improves mental health
- Reduces stress



3. Balanced Diet



- Eat a balanced diet
- Limit unhealthy snacking at desk (*added sugar, salt & additives*)

- Drink fluids (*8 glasses per day*)

4. Antioxidants

Boost your immune system



- Fruits
- Vegetables
- Nuts & Seeds

5. Sound Sleep

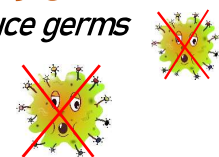


- Improves performance at work
- Reduces reaction time
- Feel motivated during the day



6. Be Hygienic

Reduce germs



- Wash hands regularly
- Clean workstation and keyboard daily



"The body achieves what the mind believes"

