



## HEALTHY LIFESTYLE

# TIPS TO KEEP YOUR HEALTH UP AT THE WORKPLACE

**The saying: 'your health is your wealth' – is one worth remembering. If you're feeling unwell, chances are you're not likely to be very productive.**

Unfortunately, being in a work environment where we are in close contact with people who come to work sick puts us at higher risk of getting sick too and perpetuates the cycle. Never mind catching the flu – it's an ongoing 'catch 22'.

While there is no foolproof way to stay healthy at all times, here are six tips to keep your health up when you're at work:

1. **Eat sensibly.** Avoid the temptation to munch on junk foods like chips and chocolates that are high in sugar and fats and have little nutritional value.

Rather snack on fruit and nuts during the day and pack a healthy salad or soup that you can heat up for lunch. Good food gives you more energy and can improve your mood.

2. **Avoid mingling with sick employees.** This one may sound like common sense, but it's often unavoidable to separate yourself from colleagues who are coughing and sneezing around you. Use hand sanitiser if you have been in contact and try to keep a distance where possible.

4. **Pay attention to desk hygiene.** Keep sanitising wipes handy and use them to clean the surface of your desk often. You should also avoid eating at your desk. You don't want your keyboard growing mould thanks to last week's sandwich.

Plus, if you eat at your workstation chances are you won't wash your hands before or after.

4. **Drink plenty of water.** We often tend to replace drinking water with soft-drinks, tea and coffee. This may lead to dehydration and can result in drowsiness and sluggishness. Make sure to drink at least six to eight glasses of water everyday – or more if it's hot. Drinking water is also crucial in the production of lymph, which removes bacteria and toxins from the body.

5. **Take frequent breaks.** Taking regular breaks, preferably to do something active such as going for a walk outside and getting a bit of fresh air will give you a chance to rejuvenate and help to counter the effects of sedentary behaviour. Enjoying a little sunshine will also ensure that you're getting enough Vitamin D, which supports a healthy immune system.

6. **Maintain good posture** Many people forget about their posture and can sit for hours on end staring at their screens. This often results in neck and back pain, which can lead to more serious health problems down the line.

Remind yourself to sit up straight and stretch out every so often.

**While we can't always escape germs or avoid inherent health problems, making sure that we protect ourselves by keeping our immune systems strong and being more aware of our behaviours can help to lower our risk of getting sick.**