



Encourage Wellness Around You

LiveLifeWell Today!

Visit the 'Calendar of Events' page at iLiveLifeWell.com to check out what's happening at your site, or to register for an online seminar.

As an Abbott employee, you can directly influence the choices that your co-workers make on a day-to-day basis. By encouraging healthy behaviors and flexibility — even with the time constraints we all feel — you can demonstrate how to live life well within your team. The following ideas will help you empower yourself and those around to live well and develop healthier habits.

- Leave the office for a lunch break or a 10-minute walk each day to elicit creativity, focus and to clear your head.
- Make sure new hires and other co-workers know about iLiveLifeWell.com and/or where walking trails are located.
- When you cater lunch, offer a healthy option or a vegetarian dish. Better yet, use the suggestions from the Power-Packed Catering Guide in the 'Well Around You' section of iLiveLifeWell.com.
- Walk to a team member's desk to follow-up on a question, instead of sending an e-mail or picking up the phone.
- Schedule walk and talk meetings with your team instead of your typical office or conference room setting.
- When the workday is done, it is really done. Limit the amount that you and your co-workers overextend yourselves.
- Provide healthier alternatives to the office candy jar (e.g. mints, fruit, trail mix).
- If you're hosting a meeting, stop for a few minutes for a stretch break. You could even lead a few stretches if you feel comfortable. This little refresher will keep minds fresh and attentive.
- Be mindful of "grazing" near the treat table. A nibble here and there could add hundreds of additional calories to your day.
- If your department is having a potluck, think about bringing a dish that incorporates healthier modifications like apple sauce instead of oil, or spices such as cinnamon or nutmeg instead of sugar.
- Encourage your co-workers and support each other through the process of getting and staying healthy. Everyone finds motivation in encouragement, whether they recognize it or not. What creative ideas do you have to help each other stay on track?
- Encourage your co-workers to use the resources at iLiveLifeWell.com.