



# Everyday Ways to LiveLifeWell at Work

LiveLifeWell

Work your way to feeling your best with these on-the-job health hints. Find additional quick and easy ways to boost your at-work wellbeing at [iLiveLifeWell.com](https://www.livelifewell.com).

## Drink plenty of fluids

- Mild dehydration feels like fatigue, which is why you may lose energy as the day wears on.
- To stay hydrated, set goals. Take a 16-ounce bottle of water to work and try to finish it by lunch. Finish off two refills by day's end.

## Watch portion sizes

- Eating a healthy, balanced lunch is important, but so is portion control—especially if your job keeps you sitting. A serving of meat, poultry or fish, for example, should be the size of a deck of cards or the palm of your hand (not counting your fingers).

## Be smart about snacks

- Keep healthy snacks handy to satisfy hunger. Think fresh veggies and fruit, whole grains, low-fat dairy products and lean meats.
- Steer clear of unhealthy snacks set out in work areas. Helping yourself to treats day after day can add a few hundred calories to your daily diet—and a few unwanted pounds.

## Breathe away stress

- When you feel stressed or anxious, close your eyes and take slow, deep breaths to increase the oxygen supply to your body.

## Zap germs

- Wash your hands often, and keep your hands away from your face.
- Hard surfaces like countertops, desktops, phones and keyboards can harbor thousands of germs just waiting to make you sick. Disinfect these surfaces regularly.