



Factsheet

Top Tips - Creating a healthier workday

How to get your 5 A DAY:

- ❖ Decide and plan what simple steps you can take to be more active *and* eat more healthily.
- ❖ Aim to get out from behind your desk or station more often.
- ❖ If you have decided to take up the 5ive and 5ive challenge here are some simple ideas that may help you adapt your working day:

Employees:

- ❖ If you bring a packed lunch to work, try making up pasta salads, couscous mixes or a tub of easy homemade soup the night before for a tasty change that'll keep you going all afternoon.
- ❖ Walk or cycle part or all of the way to work, get off the bus a stop earlier or park your car further away.
- ❖ Choose fresh or packets of dried fruit for a convenient energy boost.
- ❖ Climb more stairs: Look for every opportunity to use the stairs instead of the lift or escalator, or walk up the escalator.
- ❖ Drink at least 2 litres of water through the day. Studies show that many adults who are lacking in energy or feel low in mood are actually dehydrated.
- ❖ Mixed seeds such as pumpkin, sunflower or pine kernels are great for brain fuel and aren't just for the birds!
- ❖ Put an advert on your intranet or notice board for anyone wanting to get involved in after-work mountain biking, five-a-side football, walking or even dancing...
- ❖ Don't ring or email your colleague in the next office - walk over to see them.

- ❖ Take the lead and organise short activities to run during lunch breaks - such as mini-orienteering, callisthetics (stretching), mini-rambles or rounders.
- ❖ If you feel stressed through the day, cut down on your caffeine: try fruit, herbal, green or rooibos/redbush teas which quench thirst without raising tension levels.

Getting started:

It's easy to get more active through the working day and much more fun if you can get a number of people involved to challenge each other.

Try one of these ideas:

- Activity points challenge
- Five-a-week challenge
- Energise challenge
- Activity buddy
- Orienteering challenge
- Ideas for sports challenges

Managers:

- ❖ If you provide canteen facilities, review the menu and get staff reps involved with bringing in new healthier meals and snacks.
- ❖ The same approach works with vending machines: Contact your lease company and ask them to introduce low-fat sandwiches, cereal bars, long-life yogurts and fruit packets into machine stock.
- ❖ Buying staff a pedometer each is a valuable way to get them walking more, and can be useful for departmental challenges!
- ❖ Show you value your staff's well being by providing water coolers. Where you offer tea and coffee for training sessions or guests, also provide caffeine-free versions.
- ❖ Enable more staff to cycle to work by providing more facilities such as showers, bike racks and lockers.
- ❖ If you don't already provide one, purchase a microwave oven for the staff kitchen. Easy meals like baked potato with tuna and beans on toast are healthy and keep energy levels high.