

CHANGES AT WORK

Tips for Losing Weight and Keeping it Off Strategies to help manage healthy eating and activity

Use these tips for healthy eating and physical activity at work. We've ranked them by how useful they were to our Healthy Weigh Study participants.

AT WORK

1. Bring healthy snacks to work that don't need to be refrigerated. Try nuts, granola bars, whole fruits, and veggies.
2. At work, walk over to speak with a colleague instead of sending an email.
3. Bring your lunch to work, rather than buy. This will save money and help you to plan a healthy meal.
4. Bring your own snacks to work. Try fresh fruit, a small serving of trail mix with nuts or dried fruit, or an energy bar.
5. Do not keep a candy dish at your desk at work. Try fruit as an alternative.
6. Try bringing a bottle of water with lemon to work instead of a soda. Soda adds tons of excess calories to your diet.
7. Don't eat lunch at your desk! Use your lunch break to eat in the break room, take a walk outside, or buy a healthy snack.
8. Lunch time? Instead of going out to eat with friends, try taking turns bringing healthy meals from home.
9. Prepare a little extra when making a healthy dinner at home, and take leftovers to eat for lunch at work the next day.
10. Get up from your desk once an hour at work—refill your water bottle, get a cup of tea, use the restroom, walk around the office, talk with a coworker.
11. If you visit the vending machine, look for healthier options like cereal bars, energy bars, or trail mix. Avoid pastries, candy bars and potato chips.
12. If you don't have access to a refrigerator at work, you can still pack a healthy lunch! Bring a small ice pack or an insulated lunch bag to keep food fresh.
13. Get more steps each day by using the restroom and water fountain located a floor or two above you at work—and take the stairs!
14. Keep healthy snacks in the fridge at work. Try Greek yogurt, cheese sticks, and fruit or cut up veggies.
15. Scheduling a work meeting? Make it a walking meeting—set a spot to meet and walk for a nice change of pace.
16. Bring healthy leftovers for lunch in an insulated lunch bag.

17. Have some downtime at work? Follow the link for a list of easy exercises you can do indoors with limited space: <http://www.webmd.com/fitness-exercise/features/exercise-at-your-desk>.

PHYSICAL ACTIVITY AT WORK

1. Don't take unhealthy food in your car. Bring healthy snacks like a handful of nuts or fresh fruit, instead.
2. Stand, don't sit, while waiting for public transit.
3. Taking the subway or trolley? Use the stairs to get to and from your ride instead of taking the elevator.
4. Make it a habit to park in the farthest spot at a parking lot—this is a simple and free way to burn more calories.
5. Make it a habit to get off the bus, train, subway, or trolley one stop early—this is a simple and free way to burn more calories.

