

An hourglass with gold sand in the top bulb and green sand in the bottom bulb. The top bulb is partially filled with gold sand, and the bottom bulb is filled with green sand. The hourglass is centered vertically and horizontally.

Choose Snacks Wisely

Prepare your own in advance — from fresh fruit to mixed nuts.

Add Fitness to Your Routine

Two minutes of chair yoga — stretching and breathing — can increase your fitness and focus.

Pack Your Own Lunch

Eat lunch out less frequently and lose weight.

Trade Your Smoke Break

...for fresh air. Try a walk around the block instead.

Be Your Own Advocate

Ask your employer about ways to boost your health — and that of your coworkers.

5 simple tips for

Workplace Wellness

If you're going to spend

eight hours a day

— and probably more — at the office,

make them count!