

Need Work at Home Healthy Habits?



Megan M.

Stay hydrated by keeping a water bottle at your desk. Sometimes we think we are hungry, when we are really just thirsty!



Kim W.

Don't bring anything but healthy food into your home. Cut up fruit and veggies ready for snacking. Make healthy food convenient.



Nikki L.

Making your lunch hour a time for physical activity! Exercise helps reduce stress and gives you an energy boost to complete the day!



Katie K.

When you need a "brain break," but aren't really hungry, check the mail, water a plant, or take a lap around the room.



Alexandra M.

Meal prep the night before or on Sunday - just like you are still going into the office will help! Be ready with something nutritious.



Gina H.

Set alarms for healthy habits: an alarm to make a healthy breakfast, do a quick workout, or to go to bed at a good time, etc.



Stephani S.

Take what would have been your commute time and make it "healthy choice time!" Exercise...pray...reading the Word...healthy meal prep, etc.



Lisa E.

Break time: 3 circuits of 10 bicep curls/20 jumping jacks - quick, but effective to keep you alert and burn a few extra calories!