



6 QUICK HEALTH TIPS

With so many pressing priorities right now, it is hard to self-care and maintain healthy habits. Since you may not be in a position to maintain your normal routine, here are a few quick tips to get an extra boost from Welltok's health coaches:



1

#1

USE A SMALLER PLATE

Many of us, since we were small, were taught to "clean our plates". We still practice this as adults and that gets us in trouble when portion sizes have more than doubled in the past few decades. Use a small salad plate instead - your plate looks full and you'll consume less calories.



2

#2

KEEP A WATER BOTTLE NEARBY

Keep one at your desk. If you see it, you're more likely to remember to drink water. Dehydration makes it harder to concentrate and stay energized, and your body has to work harder to function efficiently. It can also help with weight loss, if that's a goal.



3

#3

STRETCH IN THE BATHROOM

During your morning hygiene routine, add some stretches. When you are brushing your teeth, do simple calf or quad stretches - I bet you'll brush longer too. Or when standing in the shower, touch your toes - the hot water and steam will help with flexibility too.



4

#4

DO CAT/COW STRETCHES

Keeping your spine healthy is one of the easiest and most important things we can do to maintain our health. If you sit all day at your desk, your spine doesn't get the movement it needs to get the nutrients flowing to stay healthy and repair damage. Do this simple stretch first thing in the morning and before you go to bed.

5

#5

BE LAZY WITH YOUR VEGETABLES

Stop wasting time "prepping" your vegetables. Wash and eat cucumbers or peppers like an apple. Break off florets of broccoli and cauliflower or buy the pre-cut/pre-packaged veggies. Eating a colorful and fiber rich diet with fresh vegetables benefits your body in countless ways.



6

#6

LEARN TO LIKE BLACK COFFEE

If you don't already drink your coffee black, train yourself. It might be an acquired taste, but the benefits are significant. It's cheaper than fancy drinks with syrups and cream or milk and has significantly less calories. It also jump-starts your digestive system in the morning.

