

Wellness Wednesday at Work

- Keep a reusable water bottle/coffee cup at your desk to reduce waste.
- Get up from your desk at least once an hour to walk and stretch.
- Take 5 minutes and encourage a coworker. Maybe someone you don't normally interact with.
- Bring a special photo from home to make your space more inviting.
- Place a quote in a highly visible spot that reminds you to be grateful or wellness goals you've set for yourself.
- Keep your desk drawer stashed with healthy food options so you are prepared when hunger strikes.
- Learn a shortcut in a frequently used computer program which saves you time and gives a sense of accomplishment.
- Reposition your desk area to be more ergonomic...be kind to your body!
- Recognize your coworkers on a job well done.
- Load your electronic calendar with funny sayings to lighten your mood at random times throughout the week.
- Clear your head by using a Mower Refreshed TAKE 5 tip.
- Take the stairs instead of the elevator.
- Promote wellness in your department with healthy snacks on Wednesdays.
- Make a team challenge to share each week what healthy choice you're making on a Wednesdays: parking further away, bringing healthy lunch, cleaning your workspace!

Share your ideas for Wellness Wednesday at work and inspire us all