

# Simple Ways to Work Wellness into Your Day



According to the book, *Happiness at Work*, we as Americans spend 90,000 hours of our lives working. Here are a few easy ways to focus on wellness throughout your day and make all that time on the job a little healthier.



## 1 Stand up to back pain.

Feeling stiff and sore at the end of the workday? Try a standing desk. A study published on PubMed found that decreasing the time you spend sitting by about an hour reduces back and neck pain by 54%.



## 2 Skip the break room donuts.

The CDC reports that snacking on free food at work packs on nearly 1,300 extra calories per week. Try keeping a healthy alternative like fruit or nuts at your desk to nip cravings in the bud.

## 3 Climb the corporate stairs.

According to a study published by the *Harvard Heart Letter*, climbing stairs burns more calories per minute than jogging. Do your heart some good and give stairs a try instead of taking the elevator.



## 4 Let the week end.

The stress of being on-call 24/7 can lead to high blood pressure, depression, diabetes, and more. Establish a healthy work-life balance by avoiding email and phone calls after 5 p.m. and on weekends.



### We care about keeping you healthy.

Whether it's sharing a few everyday tips or rewarding smart choices with wellness debit cards, our goal is to improve the health of everyone in WNY. If you're a member, log in to your online account for more tools, resources, and rewards today.

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