

FOR WORK

# Office Exercises and Healthy Habits Checklist

You can do our easy exercises at your desk, and print out our healthy habits checklist to hang in your office or keep at your desk.

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**Templates Included:**

- 3 Healthy Activities**
- 4 Healthy Nutrition**

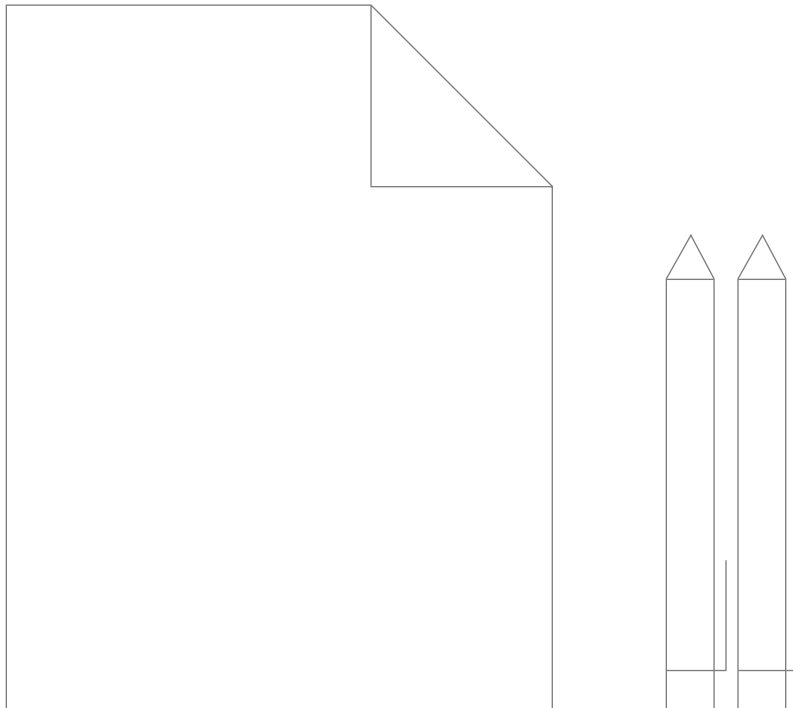
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## Office Exercises and Healthy Habits Checklist

# Healthy Habits Checklist

Incorporate these healthy habits into your workday to help you stay active and health-focused.



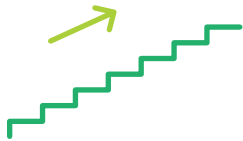
## What You Will Need

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Hammermill® Premium Color Copy 28 lb.

*Optional:*  
Hand Weights  
Meal Prep Boxes

## Activities



- Take the stairs.



- Park further away from your office to help you get more walking in.



- Take stretch breaks throughout the day.



- Keep small hand weights at your desk.



- Do jumping jacks beside your desk when you start to feel sluggish.

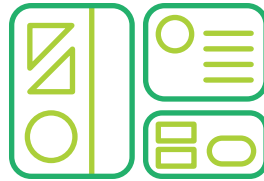


- Walk during your lunch break.

## Nutrition



- Do grocery shopping for your work week on Sundays.



- Prep snacks and lunches at the beginning of the week.



- Make sure your lunch is packed the night before your workday.



- Avoid the vending machine by bringing fruits, veggies, and/or trail mix to keep at your desk.



- Cut down on soda by bringing a reusable water bottle to work.



- Get a calorie counting app once you have determined the amount of calories you need daily.



- Choose healthy meal options when you go out to eat with co-workers.