

TOP 3 WAYS TO BE HEALTHIER WORKING FROM HOME

With working remotely a commonplace occurrence, how can you make sure you are doing your best to be healthy?

1. Mindset: Get Dressed and Ready

Even though you're working virtually, to get your mind 'in the game' get dressed and ready just like you would if you were working in person. That means, getting dressed in work appropriate clothing, doing your hair and make-up (if that applies) and getting into the mindset to be at work. I recommend that you dress completely in work clothing, not just the parts of you that can be seen by Zoom. This helps you train your brain that even though you're not physically going in to work, you are still ready to work.

2. Fitness: Move Around Consistently

You may have heard that sitting is the new smoking. Whether at work or home, chances are most of the time you are sitting down. The difference is that when you work from home you're not even getting the steps in you normally would to get to your car, walk into the office, move around in the office or walk to get water or lunch. It's so important that you establish a routine of moving around your house or apartment during your 'work day.' Set a timer so that every hour you make sure to walk around your home or get outside and walk around the block.

3. Nutrition: Plan Your At Home Meals

Start the day with a plan in mind of what you are going to eat. The more you plan and strategize, the better off you'll be. If you don't know what you're going to have for lunch, chances are you'll wait until you're very hungry and then grab the quickest option, which is often not the healthiest option!

Begin with a breakfast plan that allows you to start work at the right time. Make your lunch in the morning or at least know what you're going to have so when the time comes you will know what to eat. The same goes for dinner. Set up a weekly calendar for your lunches and dinners.



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