

9 ways to stay healthy at work

No more excuses. With these nine tips, you can stay healthy and in good shape with a busy work life.

It is said that health is wealth. Without good health, we would not be able to do many things. Taking care of work, everyday chores and children would be made significantly more difficult if our state of health collapsed.

One of the most common excuses people use for not being in good shape is that they don't have enough time to eat healthily or exercise. Staying in good shape requires work and is not achieved overnight. That's why it's important to incorporate certain habits into your daily routines that you follow to stay in good shape. Entrepreneur puts an end to excuses and lists nine ways you can do regularly during the workday to stay healthy.

1. Eat sensibly

Most office workers complain that it is difficult for them to eat healthily because there are so many delicacies on offer in the office. You don't have to forget about junk food completely, the more important thing is that you don't eat it constantly. Limit the number of delicacies.

You should pay attention to the most important meals of the day. Eat a hearty breakfast and lunch, for example, a hearty salad, avoid very fatty foods. Avoid eating at your workplace, as leaving the office will give you a good break and you will also get exercise. Keep in mind exercise and use stairs. Try to avoid unhealthy snacks in the afternoon, such as chocolate. Replace delicacies with fruit or nuts. Also maintain a healthy meal schedule when you get home from work.

2. Drink plenty of water

During a busy work day, you may forget to drink water. However, it is really important to drink enough water so that you do not get dehydrated.

Dehydration can cause drowsiness and lethargy. It would be good for an adult to drink about 6-8 glasses of water daily. Take a bottle of water with you to work, for example.

3. Limit your caffeine intake

Many office workers cannot get a day off without caffeinated beverages. However, they should be enjoyed in moderation. Try to curb caffeine consumption in one cup a day.

4. Maintain a good working position

Maintaining a good posture throughout the work day requires conscious work. Most office workers stare at their screens for hours and completely forget about a good and ergonomic posture. They often push the neck and head forward, causing pressure on the neck and spine. This can be prevented with a few easy exercises. The most popular exercise is the so-called “double jaw making” which supports the neck and upper back.

5. Take several breaks

Are you sure you want to get home early from the office? However, this does not mean that you will not be able to take breaks at all. You may think that taking breaks is a waste of time, but they actually make you more productive and more creative.

6. Keep your desk clean

Keep your desk tidy and tidy. Clean the tables for five minutes before you go home from work so you can return to the tidy table the next morning.

7. Good hygiene

Maintaining good hygiene promotes good health. Keep a small bottle of handbags with you or on your desk if you are unable to wash your hands while working. Use hand gloves after coughing or sneezing, for example.

8. Avoid sore workers

Common sense also says it is worth avoiding workers who are sore or appear to be getting sick. Wash your hands if you’ve been on their desk. If, on the other hand, you are ill yourself, it is best to stay home to heal so that you do not infect others.

9. Learn to manage stress

Most of us have very busy lives and stress can build up on even the smallest things. Balance your stress by doing something you enjoy; spend time with family, play sports, watch movies, read books, go to the gym or have a massage. Relax your mind and take care of yourself