

EMPLOYEE ASSISTANCE PROGRAM

EMPLOYEE WELL-BEING MONTH

June is National Employee Well-being Month, raising awareness about the link between work and individuals' physical and mental health. Millions of working adults have jobs that require them to sit for long periods of time, but studies show that extended periods of sitting are linked with obesity, diabetes, heart disease, and cancer.

Staying as active as possible can not only reduce the health risks of a sedentary lifestyle, but also improve mental and emotional well-being. Regular physical activity can decrease stress, lower blood pressure, strengthen the immune system, and help maintain a healthy weight.

Here are some tips to stay active during the work day:

- If you live close enough, walk or cycle to work. If this isn't practical, make it a point to park your car farther away than you normally would, for work or anywhere else you go. Always take the stairs instead of the elevator if possible.
- If you don't have a standing work station or stand-up desk, break up prolonged periods of sitting by getting up every half hour, stretching, and moving around. Aim for two hours of standing each day to start. If you can, stand during meetings and phone calls.
- Use breaks to take a quick walk. Even a ten-minute walk a few times a day is beneficial.

Finally, plan physical activity outside of work as well. Experts recommend a minimum of 30 minutes of moderate physical activity five times a week. Try using a fitness tracker and/or working out with an exercise buddy to keep each other motivated.

