IMPROVE WORKPLACE HEALTH, FROM THE GROUND FLOOR UP

SEE THE LIGHT
Natural light is good. A short walk at lunch, in the fresh air, is even better. You’ll burn calories, and escaping the office is a good way to de-stress.

LIQUID ASSETS
Staying hydrated will help keep you switched on. Ensure you drink plenty of water. Keep a bottle on your desk.

FOOD FOR THOUGHT
Eat a variety of fresh fruit and vegetables throughout the day to give you energy and keep you healthy.

A HAPPIER WORKING LIFE
We spend a good chunk of our lives in the workplace. Let’s make it a happy place. Be social, have a chat, get to know colleagues. Smile.

GO EASY
Hangovers and the office just don’t mix. (But, hey, you knew that already.) And stay smoke free.

LET’S GET PHYSICAL
Contrary to popular belief, exercising gives you more not less energy. Cycle in. Take the stairs. Go for a walking meeting. Get active.

REFRESH YOURSELF
Step away from the computer. You can’t always be working flat out and full on. Give yourself a break.

WITH OUR (HEALTH &) SAFETY HAT ON
Be aware of hazards, protect yourself and others, and don’t cut corners.

GET THE BALANCE RIGHT
There’s more to life than work. Switch off. Spend time with your family or friends, or just kick back by yourself.

ACCESS ALL AREAS
For all, please

Working with businesses and health professionals to promote well-being in the workplace.

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