

# 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

### CANTEEN

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.



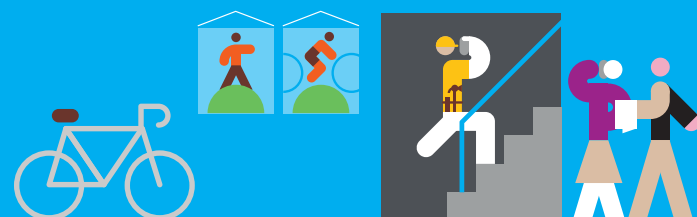
## GO EASY

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

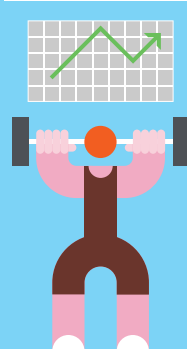


## LET'S GET PHYSICAL

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



## GYM



## 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.



## ACCESS ALL AREAS

For all, please



## 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.



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