

Workstation wellbeing tips



DON'T FORGET YOUR EYES!

Get your eyes tested every 2 years, your employer should reimburse the cost of an eye test.



OK, if you don't have time for 10km, why not start at 5k!

REMEMBER - EVERY STEP IS PROGRESS!



CHECK YOUR PEE!

Aim to achieve a clear urine colour to maximise performance but also increased energy levels and reduce headaches.



TAKE A 5 MINUTE BREAK EVERY HOUR!

Use this time to stretch and re-energise your body!
[Click here for videos, podcasts & 'how to guides'](#)



BE PREPARED!

Prepare food at the start of the day to **reduce snacking** (especially when working from home).



DRINK ONE GLASS OF WATER EVERY HOUR!

To improve energy, reduce headaches and stop snacking between meals!

Don't undo all your hard work

We all need to relax (remember, wellbeing is all about balance!) but be mindful of your posture when on the sofa watching TV/films.

If your posture isn't great during the day it can be made worse in the evenings/weekends, leading to longer term musculoskeletal issues.

Remember, it's your body, it's your choice!