

YOUR WORK-FROM-HOME GUIDE

healthy workday



7 a.m.: Wake up! Adults need 7-9 hours of sleep per night to feel refreshed.

FEEL BETTER

EAT WELL

9 a.m.: Fill a large water bottle or cup with water and keep it handy so you stay hydrated throughout the day!



11 a.m.: Step away from the computer and go for a 30-minute walk.

MOVE MORE



12:30 p.m.: Time for lunch! Fill half of your plate with fruits and vegetables.

EAT WELL



FEEL BETTER

2 p.m.: Check-in with a co-worker – even if its via video chat, text or email. Ask them how they're doing or offer to help with a stressful task.

Make It **OK**

More mental health resources:
[MakItOK.org/lowa](https://www.makitok.org/lowa)

4 p.m.: Stand up and stretch! For every 90 minutes you spend sitting, move for three minutes.

MOVE MORE



5 p.m.: Log off! Do something that makes you feel good: Exercise, eat a nutritious dinner or spend time with family or friends.



Healthy Choices Count!

[IowaHealthiestState.com/5210](https://www.IowaHealthiestState.com/5210)