

YOUR GUIDE TO A

healthy workday



7 a.m.: Wake up! Adults need 6-8 hours of sleep per night to feel refreshed.

FEEL BETTER

EAT WELL

9 a.m.: Instead of energy drinks or soda, reach for water to keep you hydrated through the day.



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

MOVE MORE



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

EAT WELL



FEEL BETTER

2 p.m.: Make a connection with a co-worker. Ask them how they're doing or offer to help with a stressful task.

Make It **OK**

For more resources, visit MakeItOk.org/iowa.

4 p.m.: Finish the day strong! Go for a quick walk or take the stairs instead of the elevator.

MOVE MORE



Healthy Choices Count!

IowaHealthiestState.com/5210

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