

Take time for your health



Most of us want to have more energy and be more productive at work and in our lives outside of work. We want to feel good, manage our stress and overcome day-to-day challenges. When you take time for your physical health, it can help improve your emotional health.

Try some of these tips and encourage your team to do the same:

Make time to move. Many of us spend too much time sitting down and don't take enough time to move our bodies. Schedule time to stand up, take a walk or stretch for a few minutes. Set short-term goals to get moving and increase them as you get stronger.

Eat healthy. Add more vegetables to your meals and choose fruits as your sweet treats. You don't need to get rid of all the other foods you love; simply add more healthy ones. Try to eat out less and make healthier meals at home.

Drink plenty of water. Some health issues such as headaches, muscle cramps and fatigue can come from being dehydrated. Keep a full cup of water next to your desk or workstation. If you tend to forget, set up reminders to take a drink.

Go outside and play. Kids aren't the only people who need to play. It's much easier to move around when you're doing something fun. The fresh air and sunshine can also be rejuvenating. Think of an activity you enjoy and head outside.

Involve others in your efforts. Talk to your team about working together on a common goal or setting up a friendly competition. If you can, offer an incentive for the winner. But

even without any prizes, including others may help increase motivation to start or continue with healthy habits. Be mindful of any individual physical limitations or health issues and support each team member as they tailor a plan that works for them.

Talk to your doctor. Sometimes we might ignore or push through health concerns. Your primary care provider is a great resource that can help you figure out your concern, diagnose a problem or provide support for an existing condition. They may suggest treatment options to help you feel better.

Taking small and simple steps to improve your physical health can boost your energy, productivity, resilience and mental wellness. If your team joins you in these steps, you can all grow healthier and happier together.

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