

top tips for healthy eating

before work

Planning and preparing

- Draw up a meal plan for the week ahead, then write a shopping list and stock up the fridge.
- Aim for a regular eating pattern and choose a variety of filling foods to satisfy your appetite throughout the day, such as fruit, vegetables, lean meats, fish, poultry, eggs, pulses, nuts, seeds, wholegrain foods and low-fat dairy.
- Prepare meals in advance where possible eg make overnight oats for breakfast the night before, or batch cook meals such as curries, chillies and bolognese. You could also prep a healthy, colourful lunchbox, or put leftovers in a microwavable container for lunch.
- Start the day with a filling breakfast and be prepared with healthy snacks you can enjoy throughout the day.

after work

Dinner and drinks

- Tuck into a meal you've made in advance, such as a portion of homemade chilli with rice and lots of vegetables.
- Or whip up a speedy, healthy dinner. Fish is a great choice – simply microwave a piece of salmon or mackerel, add a side of your favourite vegetables and some rice or potatoes and you've got a delicious after-work meal in minutes.
- As well as the calories contained in alcohol, having slightly too much can tip us into drinking and eating far more than we ever intended, which can impact hugely on our weight. Try alternating alcoholic drinks with soft drinks or water and choosing low-calorie mixers when drinking spirits.

during work

Taking a break

- Choose snacks like fresh and dried fruit, a small serving of unsalted nuts, low-fat yogurt, boiled eggs and vegetable sticks with hummus.
- Try to choose any 'less healthy' foods like chocolate, crisps and biscuits less often, but don't think of foods like these as 'off-limits'. If you're surrounded by treats and nibbles, stay in control by choosing a small serving of one you'll really enjoy when you finish, and then really savour it!
- If you find keeping hydrated a challenge, try to set yourself a target – for example aiming to finish your bottle of water before the end of your shift.



top tips for keeping *active*

general tips

- Plan in activity at specified times for the week ahead, just like other appointments.
- Aim for 150 minutes per week of moderate activity, or 75 minutes of vigorous activity, and include two sessions of muscle strengthening activity.
Moderate activity – like fast walking or cycling – raises your heart rate and breathing and makes you feel warmer, but you should still be able to hold a conversation. During vigorous activity – like jogging or singles tennis – you would find it difficult to say more than a few words.
- Pack your workout gear the night before and keep it by the door or in the car so you're ready to go.
- Aim to make journeys more active by walking or cycling where possible, or getting off the bus at an earlier stop.

when you're not at work

- Take some time for yourself to unwind either by busting some stress through a high-energy gym class like Kettlebells or Circuits, or by focusing on improving your flexibility and muscle strength through Yoga or Pilates.
- If you enjoy what you're doing you'll find it easier to make it a habit, so try out a few different activities until you find something that suits you. How about a dance class, kickboxing or ice skating?
- Gradually increase the amount of activity you do until it becomes an easy part of your routine, and factor in some rest and recovery time.

* If you have a health condition or experience pain when exercising, speak to your GP before starting or continuing a fitness programme.

during work

- Squeeze in activity whenever you can. Walk over to a colleague, take the stairs instead of the lift and stand up when you're on the phone. Though it may not seem like a lot, every extra step adds up over the day.
- Even if you're on your feet for the majority of your shift, it's still important to break up any time you do spend sitting. Aim to stand up and stretch your legs every 30 minutes or so.
- Get moving on your break by going for a walk or spending some time doing stretches or gentle exercises. Make it more fun and sociable by asking a colleague to join you.

