BEING *Healthy* WHILE WORKING FROM HOME

Good health and job satisfaction are very important. When you are healthy you feel better, have more energy, and are more likely to be satisfied with your job.

Healthy lifestyle choices also reduce your risk of many diseases including type 2 diabetes, heart disease and mental ill-health.

If you would like to know more about your risk of type 2 diabetes, heart disease and mental ill-health, plus receive advice on some simple changes you can make to improve your health, complete Get Healthy at Work's online Healthy Lifestyle Check. **https://gethealthyatwork.com.au/healthy-lifestyle-check-intro**

The Healthy Lifestyle Check also provides referrals to free support services to address the risk of certain lifestyle diseases.

It is important that your work environment supports a healthy lifestyle, regardless of whether you work in an office, outdoors, on the road or at home.

NSW GOVERNMENT | *get healthy* at work

Physical Activity
AND WORKING FROM HOME

Each week Australian adults should aim to achieve:

- 150 to 300 minutes (2½ to 5 hours) of moderate intensity physical activity

- 75 to 150 minutes (1¼ to 2½ hours) of vigorous intensity physical activity

- Or an equivalent combination of both

Evidence shows that accumulating small sessions of physical activity throughout a day can provide the same benefits as one continuous session of physical activity[1].

If you find it hard to schedule 30 minutes of continuous physical activity into your day, spread 30 minutes of physical activity throughout your day.

Here are some tips to accumulate physical activity throughout your work from home day:

- For phone calls, use your mobile and headphones to walk around your home office, balcony, backyard, or wherever you have space.

- Whilst reading or watching a video for work, do some squats or lift some dumbbells or weighted objects.

- Find an online workout, yoga class or other form of exercise you enjoy and complete it during your lunch break, there are many free options available online:

    - NSWIS has a great home **Daily Flexibility Routine**

    - Exercise Right has a large range of **free, online home workout videos**

- Schedule short bouts of physical activity into your day.

- Take a 2 minute stretch break every hour.

- Use your own body-weight for exercises, for example, lunges or push-ups.

[1] The Effects of Continuous Compared to Accumulated Exercise on Health. Accessed 5 May 2020. https://www.ncbi.nlm.nih.gov/pubmed/31267483

Healthy ♡ Eating
AND WORKING FROM HOME

Healthy eating promotes health and wellbeing and can prevent lifestyle diseases at all stages of your life. Consuming more energy (kilojoules) than the body needs may also lead to weight gain, especially if combined with a low activity level.

When you are working from home it is very likely that you will have greater access to a large variety of food that you would not normally have access to at an office.

Here are some tips for healthy eating whilst working from home:

- Plan meal and snack times and stick to them. This is important to prevent overeating, and to ensure you don't skip meals.

- If possible, do not set up your work station in or near the kitchen.

- Plan and prepare your meals in advance to ensure what you eat is healthy and tasty.

- Drink plenty of water. As a general rule, women need about 8 cups of water and men need about 10 cups of water per day.

- If you are susceptible to snacking on unhealthy items, don't buy them or keep them out of sight and out of reach, and make sure you have healthy snacks available.

- Consider a food journal, it can make you more accountable to yourself.

Mental Wellbeing AND WORKING FROM HOME

There are many benefits to working from home, including reduced time commuting and more flexibility, however, it is important to be aware of the potential negative sides of working from home. These include not having clear boundaries between home-life and work-life, working long hours, reduced activity levels, feeling socially isolated and being constantly tempted by unhealthy snacks.

Here are some tips to maintain your mental health and wellbeing whilst working from home:

- Set up a clearly defined work-space.

- Log your start time, finish time and breaks to be aware of the hours you are working.

- Turn off email notifications after work.

- Dress in normal work attire to help you start your day and keep you motivated.

- Schedule physical activity into your day, either before work, as a break or after work.

- Consider mindfulness and meditation exercises, there are many free options available online.

- Eat away from your desk and computer.

- Get up every hour and get some fresh air at least once a day.

- Schedule social catch-ups and virtual coffee meetings with colleagues.