WORKPLACE WELLNESS

In the early 1960s, nearly 50 percent of private industry jobs in the U.S. required moderate physical activity. Today that number is at 20 percent, meaning we're spending more time sitting and at our desks than ever. Studies have shown that excessive sitting can decrease your life expectancy, and by reducing time spent sitting to less than 3 hours a day you could add 2 years to your life. Use these easy exercises to keep your blood circulating and your muscles stretched throughout the day.

WORKPLACE WORKOUT

Curl your fingers, hold for 5 seconds, release

Tilt your neck to one side, then the other holding for 5 seconds each Tilt your chin towards your chest, hold for 5 seconds

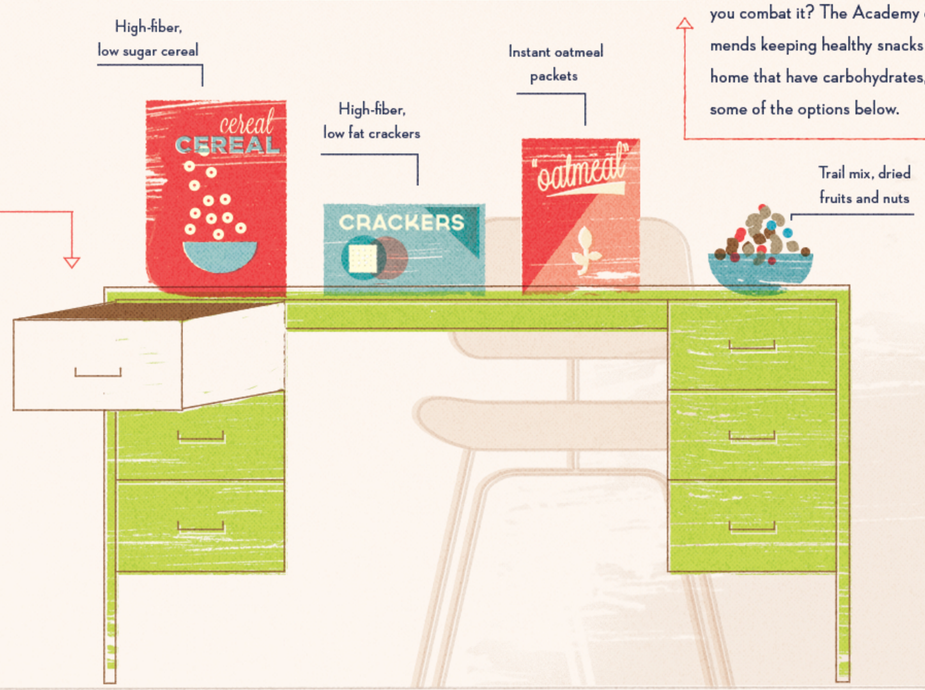
Lock your fingers, extend your arms out from your body, palms facing out, hold for 10 seconds. Repeat, but extend your arms above your head, hold for 10 seconds

Raise your arm above your head, bend your elbow so your hand touches your back, apply light pressure with opposite hand to stretch, hold 10 seconds

Shrug your shoulders for 5 seconds

Keep Your Desk Drawer Stocked

When you get a hankering for a mid-afternoon snack, stop and think if you're really hungry. When we eat at our desks, we tend to eat more, and studies have shown snacking because of stress and boredom leads us to consuming extra calories. So how can you combat it? The Academy of Nutrition and Dietetics recommends keeping healthy snacks on hand when you're away from home that have carbohydrates, protein, and little fat. Try out some of the options below.



Employers Offering a Leg Up

74% of all employers who offer health benefits also offer at least ONE **wellness program**

29% of all firms offer **weight loss programs**

Chronic disease and obesity are on the rise in the United States, with physical inactivity contributing to more instances of diabetes and cardiovascular disease. But exercising, eating healthy and understanding nutrition are no longer something you have to do on your own time or alone. Employers are getting in on the act by offering health and wellness activities and information in addition to healthcare plans. If you are thinking about bringing a wellness program to your office, use the stats below to show your company that many businesses are getting serious about employee health.

30% of all firms offer **gym memberships** or on-site exercise facilities

offered personal health coaching **12%**

24% of employers offer smoking cessation resources

of all firms offered **classes in nutrition or health living** **24%**

51% of all employers offer web-based wellness resources, such as newsletters

This infographic is brought to you by Naked Juice. Naked Juice drinks are made with all-natural fruit and veggies to help you get your daily dose of vitamins and minerals. Their smoothies are created with added boosts such as Vitamin B12, whey protein and grape seed extract to help to help get you through a busy day.

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