

Let's get healthier together

Employee Health and Fitness Month



Employee Health and Fitness Month is recognized annually in May across the globe. The goal of this month is to promote and encourage health and fitness initiatives in the workplace. While every employer has its own unique way of approaching health and fitness, there are many ways that YOU can be inspired during this month to get on track with your health and well-being. Here's how:

Understand your Health Advocate services. One of the ways your employer supports the health of its employees is by offering Health Advocate! Visit our website or mobile app to learn about all of the ways we can help you.

Take advantage of workplace health and well-being programs. Review your benefits paperwork or contact your HR department to confirm exactly what resources may be available to you. Call Health Advocate and we can help connect you to programs provided by your employer!

Utilize onsite fitness opportunities. Does your employer have a gym onsite? Are there trails or sidewalks where you can take a stroll? How about a company-sponsored sports team? If you have access to any of these great perks, learn how you can participate.

Find out about gym, nutrition programs and fitness device discounts. Your employer or health plan may offer valuable opportunities to not only improve your health, but to save money!

Share what you've learned with your coworkers as you find out about the resources that may be available to you.

Finally, integrate small healthy steps into your workday.

While work should be your primary focus, there are easy ways to improve your well-being at work. Try these tips:

- **Take your breaks and an official lunchtime.** Breaks and lunch are crucial for productivity and well-being.
- **Establish a clear home time and work time.** Avoid blurring the lines between home and work—it can lead to greater stress in both places!
- **Use your commute as “you” time.** If you drive in to work, listen to your favorite music or try an audiobook. If you take public transportation, read a book or magazine. If you work remote, use your “commute time” to relax and enjoy your home space.
- **Drink water to stay hydrated.** Keep a bottle at your desk.
- **Take every opportunity to move.** Even simply standing up for a few minutes every hour can help!
- **Dodge gossip.** It can create a toxic environment and reduce your positivity.
- **Eat healthy.** Enjoy a nutritious breakfast before work, pack a healthy lunch and bring healthy snacks to keep up your energy throughout the day.

We're here to help. Health Advocate can get you to the right support and resources to help you improve your health and well-being.



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