

# Wellbeats While You Work

## Five Wellness Tips for Your Workday

Brought to you by Wellbeats *Wellness*, a product of LifeSpeak, Inc.



Wellness in the workplace plays a key role in keeping employees motivated and engaged on the job. In fact, 70% of employees enrolled in wellness programs have reported higher job satisfaction than those not enrolled in their companies' program,<sup>1</sup> and 56% of employees had fewer sick days because of wellness programs.<sup>2</sup>

**Here are five wellness tips for your workday to help you stay healthy at work:**

## Tip #1: Take Regular Work Breaks

Taking regular breaks throughout the day can help prevent fatigue and burnout and help boost productivity by improving motivation and increasing energy.

Try setting alarms on your phone throughout the day to remind yourself to take short breaks—such as mid-morning, lunch, and mid-afternoon. In your Wellbeats account, search “Work Breaks” for short stretches, movements, and mindfulness classes to recharge.

## Tip #2: Add a Workout to Your Calendar

One of the best ways to improve energy and focus while working is by having a regular exercise routine. Exercise can help increase blood flow to your brain and sharpen your focus.

Schedule a Wellbeats class and add it to your calendar to stay committed. Try to stick with a consistent time, and choose an activity you’re interested in, such as a yoga class in the morning, a walk outside during lunch, or a short bodyweight workout in the afternoon.



**Standing Stretch Break**  
3 mins | ★ 5



**Neck Stretch**  
2 mins | ★ 4.6



**Chair Yoga 1**  
6 mins | ★ 4.7

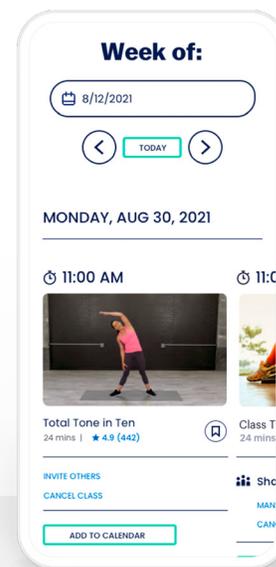


**Slouch No More 1**  
5 mins | ★ 4.8

### SLOUCH NO MORE 1 CLASS REVIEW

“Very helpful. I appreciate these exercises geared toward those of us who work primarily at our desks all day long.”

—Andrew, Wellbeats member



### TOTAL TONE IN TEN CLASS REVIEW

“Great quick workout for revitalizing midday.”

—Dee, Wellbeats Member

## Tip #3: Stay Hydrated Throughout the Day

Proper hydration can lead to better mental performance, energy levels, and cognition. Signs of mild dehydration can include thirst, decreased energy or fatigue, irritability, forgetfulness, and headaches.

Wellbeats instructor Christina recommends drinking at least half an ounce of water per pound that you weigh. For example, someone who weighs 180 pounds should aim for 90 ounces of water per day.

Keep a water bottle within reach during the workday to make drinking water easy and accessible. Wellbeats instructor Kim likes to put rubber bands around her water bottle to represent each time she needs to fill it to reach her daily needs. Just remove a rubber band each time you refill until you've completed your hydration goal. For more hydration tips, search "Importance of Hydration" on Wellbeats.



**Importance of Hydration**  
3 mins | ★ 4.7

### IMPORTANCE OF HYDRATION CLASS REVIEW

"This video is so informative.  
Thanks for providing helpful tips."

—Liliya, Wellbeats member

## Tip #4: Connect with Your Coworkers—Especially if Working from Home

Connection is critical for creating a positive and productive work environment. More than three in five employees with high social connectivity report being highly engaged.<sup>3</sup>

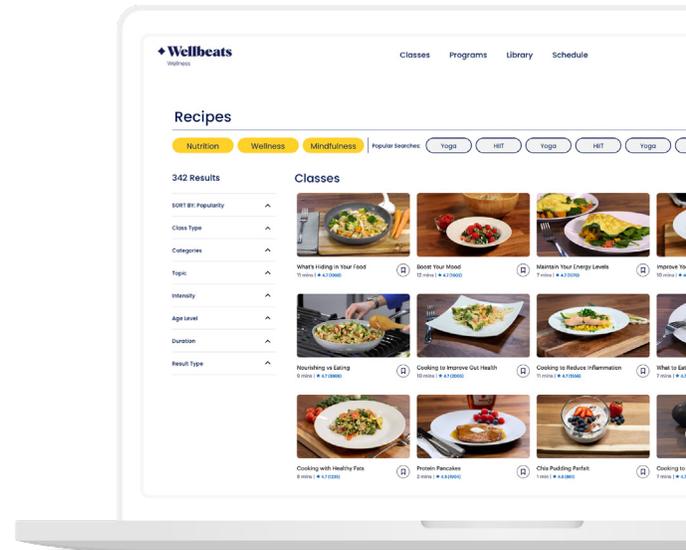
Whether working onsite or remote, you can invite team members to play Wellbeats classes with you and chat in real time for some extra motivation and fun. By creating a virtual group class and inviting others to join you, you can stay connected and celebrate each other's progress no matter where you are. Invite team members to join you for a fun workout to close out a team meeting, or try inviting others for a quick work break to boost energy between meetings.



## Tip #5: Take a Lunch Break—Away from Your Desk

Take a lunch break—away from your desk. This gives you an opportunity to step away and break up the workday.

Search “Recipes” on Wellbeats for a variety of healthy, easy-to-prepare lunch ideas to keep you energized and fueled for the remainder of the day.



## References

- 1 Aflac, 2019
- 2 United Healthcare, 2018
- 3 Willis Towers Watson, 2020