



# Quick Tips for Staying Healthy

Staying healthy empowers you to maintain your quality of life. Here are some tips for staying healthy.

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## **Get a good night's sleep.**

Sleep allows your body and brain to recharge. Adequate sleep helps you fight infection and illness and supports good concentration, higher levels of patience, and positive emotions.

**Exercise.** Exercise helps improve mood, control weight, increase energy, and support immune function. Regardless of the type, aim for a total of at least 30 minutes of exercise a day.

**Eat healthy foods.** A healthy diet helps control weight, increase energy, and reduce the risk of chronic illness. Limit sugar and eat more fruit, vegetables, lean proteins, and whole grains. Stay hydrated by drinking water throughout the day. Remember to wash your hands before eating and frequently during the day.

**Manage stress.** High levels of stress are associated with depression, anxiety, and health issues such as migraines and digestive problems. Practise stress management techniques such as deep breathing and setting work-life boundaries to avoid burnout.

**Add movement.** Studies show that excessive sitting can negatively impact health, even with regular exercise. Schedule time in your day to stand up and do a few stretches or take a brief walk to the breakroom.

**Have fun.** Emotional wellness is connected to physical wellness. Having fun and doing things that you enjoy boost wellbeing. So, be sure to laugh, spend time with friends and family, and use your vacation days to support your wellness.

