



Wellness at Work

October 7, 2026

Presented By |
HealthCheck360



Agenda

Movement

Nutrition

Stress and mental health





Movement at work

Move every 30-60 minutes

- Micro-movements (10-30 seconds)
 - During meetings (if it makes sense)
 - On phone call
 - Reading emails
- “Exercise snacks” (1-5 minutes)
 - Before/after lunch
 - Before/after/during meetings
 - Bathroom breaks

Make movement part of your day

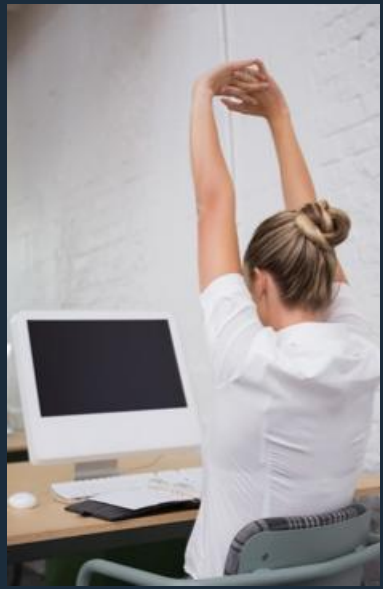
- Take the stairs
- Park further away
- Use a different bathroom
- Stand while working
- Walking meetings



Movement at work

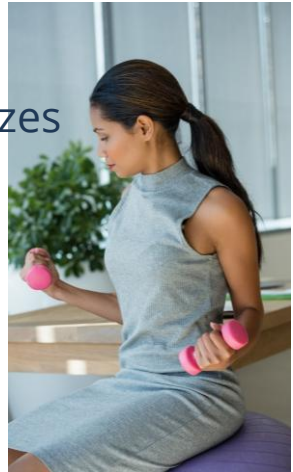
Stretching

- Shoulder
- Neck
- Chest
- Hands/wrists
- Hamstrings
- Quadriceps
- Hip flexors



Exercise

- Isometric exercises
 - Glute squeezes
 - Abdominal squeezes
- Shoulder presses
- Bicep Curls
- Lunges
- Squats
- Calf raises
- Walk in place
- Balance





Movement at work

20/20/20 rule

- Every 20 minutes look at something at least 20 feet away for at least 20 seconds

Posture/ergonomics

- Head directly over shoulders
- Feet flat on floor or footrest
- Hips level or slightly higher than knees
- Sit fully back in your chair and use lumbar support
- Monitor/laptop screen should be at or slightly below eye level (no laptop on your lap!)
- Shoulders relaxed
- Elbows close to your body bent 90-110 degrees with forearms parallel to the floor
 - You should not be reaching forward to type or click
- Wrists straight and neutral

In the car?

- Seat distanced so you can press the pedals while maintaining slight bend in your knee
- Hips level or slightly higher than knees
- Seat reclined to around 100-110 degrees
 - Avoid 90 degrees
- Hold the wheel with elbows slightly bent, don't reach forward



Nutrition

Meal plan/prep if possible

Eat regularly

Healthy options for meals and snacks

- Whole foods
- Protein, healthy fats, healthy carbs

Breakfast example

- Hard-boiled eggs, fruit cup or Greek yogurt with fruit or oatmeal with nuts

Lunch example

- Grilled chicken salad or turkey lettuce wrap with avocado, veggies, and brown rice

Snacks

- Nuts, roasted chickpeas, fruit with nut butter, veggies with hummus, smoothies, etc.



Nutrition

Hydration

- Affects energy and brain function
- Set reminds
- Habit stack

Navigating office “treats”

- Ask yourself, “Do I really want this? Or is it just because it’s there?”
- Wait 10 minutes
- If you still want it, ENJOY it and move on





Stress and mental health

Make a plan for your day if possible

- First 5 minutes or last 5 minutes of prior day
- Identity top priorities
- Create a realistic plan
 - Use your high energy time wisely
 - Build buffer time
 - 2-minute rule

Create boundaries

- Emails
- Meetings
- Limit distractions
 - Turn off notifications

Control what you can control

- Attitude
- Communication
- Preparation



Stress and mental health

Breathing

Mindfulness moments

Mini breaks

- 1-minute reset
 - Breathing/meditation/gratitude
- 5-minute break
 - Use the exercise snacks!
 - Get outside if possible

Celebrate wins – look for positives





Summary

- **Wellness at work involves many aspects**
- **Find small ways to improve your movement, nutrition, and mental health**
- **Celebrate your accomplishments and keep that positive attitude!**



Upcoming Webinars

Biometrics 101

Whether it's from your HealthCheck360 screening or a doctor's visit, we'll help decode your biometric results and understand what your numbers say about your wellness. Learn how to use this data to guide healthier decisions.



November 4

Declutter Your Life

Discover how simplifying your environment and routines can reduce stress, boost mental clarity, and support overall wellness.



December 2

Lifestyle Rewards



1. **True or False: Moving for a few minutes doesn't make any difference in your physical or mental health.**
 - a) True
 - b) False
2. **What is one of the 20/20/20 rule components?**
 - a) Look at something at least 20 feet away
 - b) Drink 20 ounces of water
3. **What is one aspect of your day that's in your control?**
 - a) A company-wide meeting
 - b) Your attitude

*** If your company has elected questions for lifestyle rewards, it will be noted when you submit on your account.**



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Contact a Health Coach

- 1-866-511-0360 or healthcoach@healthcheck360.com



Questions?

