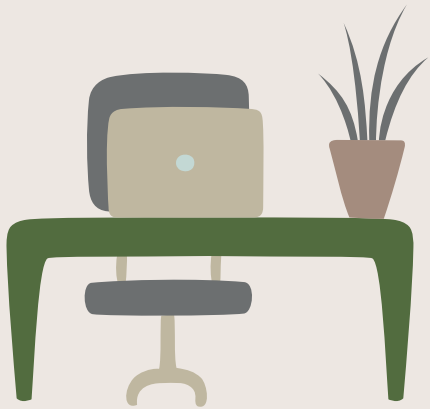


# HOW TO EAT HEALTHIER WORKING FROM HOME



## 1. Have a dedicated space.

Dedicate a space as your work-from-home space and make it a food-free zone.

## 2. Plan and prep your meals.

Planning and prepping your meals and snacks saves time and helps you avoid mindless snacking and overeating.



## 3. Fuel yourself with good foods.

Limit the number of processed or junk foods on your grocery list. Aim to eat seasonally fresh foods instead.



## 4. Hydrate.

Aim to drink eight glasses of water every day and limit caffeine.



## 5. Take breaks.

Get up and walk around the house, do a few stretches or pet your dog. Taking breaks will increase productivity overall.

