



**HEALTHY WORKING FROM HOME**

# TOOL KIT PART II



# TOOL KIT – PART II PHYSICAL WELLBEING



If you didn't attend the webinar or would like to watch it again in your own time, or maybe pass it on to a colleague or friend, visit the link below.

[Healthy Working from Home](#)

Not only is the current lockdown impacting the practicalities as well as the mental wellbeing of our now-life, our physical health could be affected.

In Part II of our Tool Kit will examine what we can do to support our physical welfare during this time. We will be sharing tips from nutrition experts on how to maintain a healthy diet and exercise routine whilst in lockdown.

If you have time this week, take a look at our [Virtual Classroom Courses](#)



## TOOL KIT

### \* HEALTHLY WELLBEING

If you're easily distracted and your home working environment is uncomfortable you may find yourself making snacks, playing with pets and doing household chores rather than your paid work.

#### TOP TIPS FOR KEEPING YOUR BODY HEALTHY

- \* On waking get out into natural daylight, even just for 5 minutes.
- \* Get a 500ml water bottle and keep it on your at home desk. Drink 500 ml of water on waking and then 3 more times during the day.
- \* Build movement into your routine, exercising before work, getting up to move every 45 minutes and have a lunchtime HIIT energy boost.



- \* Never know what exercises to do? Look no further than social media. Instagram is currently awash with #HomeWorkouts.
- \* Kill 2 birds with 1 stone and get cleaning! Having to stay in so much, you'll feel so much better in nice, clean surroundings.
- \* Plan your meals and snacks the day before, making sure they are healthy and balanced, and take vitamins to top up your nutrients.
- \* When working, stretch every 30 minutes to increase your oxygen levels and improve your posture.
- \* Keeping healthy and nutritious snacks nearby will ensure you don't head straight to the biscuit tin at the slightest hunger pang.
- \* Variety is key to a healthy diet, avoiding omitting any food groups while on lockdown unless you have an allergy.
- \* Try planning out a few meals so you know what you need and don't have to face the 'what's for dinner' dilemma every night."
- \* Remember to indulge every now and then. "A little bit of what you fancy does you good."





# TOOL KIT

## COMING SOON: MENTAL WELLBEING



Not only is the current lockdown impacting the practicalities of our now-life, it's also taking a toll on our mental wellbeing.

So, how do you protect yourself and your loved ones mental and emotional health during this time? We think we have some advice that will help. Watch out for the next contribution to our Tool Kit.

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Watch the recording of our Healthy Working at Home webinar in your own time, or maybe pass it on to a colleague or friend.

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BEYOND KNOWLEDGE\*

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