

# TIPS FOR SUCCESS

## *Staying Fit at Home*

When work and personal life all happens in the same place, remote workers can find themselves having a hard time separating the two. Without the normal cues – connecting with a colleague over lunch or getting up to walk to a meeting or taking the usual 3 p.m. trip to the vending machines for a healthy snack – employees are finding themselves working for long stretches without stopping. Here are a few tips to help find some balance:

**Schedule a time to start work and end work.** When home becomes just the home office at all hours, it can blur the lines and create unhealthy pressure to be “on” at all hours.

**Schedule a time for breaks.** When you get in a zone, it’s easy to get so consumed that you find yourself working without taking a break to hydrate or eat. Take a 15-minute break every few hours and make sure to take a proper break for lunch.

**Put work away at the end of the day.** If you have a home office, shut the door to create a visual cue that your work day is over. If you are working on a laptop from your kitchen or living room, put it away. That way you get your living space back while avoiding the temptation of jumping back on for one last email or do just wrap up one last task.

**Try to work in some physical activity and be conscious of ergonomics.** Without physically going to meetings or community events, you might find yourself more sedentary. And you’re not working with your usual chair and office setup that might have been set up for your physical characteristics. Be mindful of the need to get up and stretch periodically and pay attention to your body’s cues to watch for warning signs that indicate you need to come up with another solution.

Wellness Council of Arizona [contact@welcoaz.org](mailto:contact@welcoaz.org) (520) 293-3369

