



HEALTHWISE TIPS



TIPS TO KEEP THE TEAM HAPPY, HEALTHY, PRODUCTIVE & BALANCED



HYDRATION

Everyone has a water bottle at their desk and aims to refill at least 2-3x/shift



EAT

Keep good snacks in the office: unsalted nuts; carrots and hummus; apples; bananas etc. Avoid sugary, salty, processed foods: chips, cookies, muffins, candies



CAFFEINE

Limit intake of coffee & soda, swap for tea/water, minimize usage after 3pm



BREAKS

Take them! Get up from your workstation frequently, giving your body and mind a break



COMMUNICATE

Check in with everyone on the team often, share the workload, delegate statements, brainstorm ideas and tips



STRETCH

Start the shift with a team stretch, it revitalizes everyone and starts the day in a positive way. Aim to do a few stretches throughout the shift, and as it is ending



MEALS

Don't eat your desk! Give yourself the much needed break to refuel. Add meal prep to your routine and decrease eating out to 1-2x/week



CELEBRATE

Enjoy the wins, the PBs, the 5★ reviews and celebrate them as a team



LEARN

Continue to educate yourself on new systems and updates, OBW. Attend supplier training events and complete Compass modules



BRIGHTNESS OF FUTURE

Set goals for yourself that challenge and motivate success, and continued development