

# At Work

## Tips for Losing Weight and Keeping it Off

Strategies to promote healthy eating and activity

These tips were used in the Healthy Weigh Study to help participants reach and maintain their weight loss goals while in the workplace. New tips were sent to participants in a daily email, addressing the different environments they encounter in a day.

The numbers shown here indicate the ranking of the tips participants, based on which they said they read and then used in their weight loss journeys. This list contains the top ten, most useful tips from the Healthy Weigh study. The complete list of tips for each category can be found in the section starting on page 13.

1

Bring healthy snacks to work that don't need to be refrigerated. Try nuts, granola bars, whole fruits, and veggies.

2

At work, walk over to speak with a colleague instead of sending an email.

3

Bring your lunch to work, rather than buy. This will save money and help you to plan a healthy meal.

4

Bring your own snacks to work. Try fresh fruit, a small serving of trail mix with nuts or dried fruit, or a power bar.

5

Do not keep a candy dish at your desk at work. Try fruit as an alternative.

6

Try bringing a bottle of water with lemon to work instead of a soda. Soda adds tons of excess calories to your diet.

7

Don't eat lunch at your desk! Use your lunch break to eat in the break room, take a walk outside, or buy a healthy snack.

8

Lunch time? Instead of going out to eat with friends, try taking turns bringing healthy meals from home.

9

Prepare a little extra when making a healthy dinner at home, and take leftovers to eat for lunch at work the next day.

10

Get up from your desk once an hour at work—refill your water bottle, get a cup of tea, walk around the office, talk with a coworker.

