



# Employee Health Hacks

## Physical Energy

***Work Smarter not Harder***

### 1. Don't get tricked

Sugary snacks make you feel full of energy with a temporary release of sugar into your system.

It tricks you into thinking that they give you energy when in reality whilst they boost your energy momentarily they also make you dependent on a regular sugar intake throughout the day.

This negatively affects your waistline too.

#snackhack

Choose Smart Snack options that will keep your energy levels stable all the time and your waistline thin.



Watch this video to get ideas on healthy snacking

### 2. Don't forget to fuel your brain

Your brain consumes your physical energy too. It needs feeding. If you want to be smart you need to have plenty of brain food.

## #brainhack

Boost your brain power with blueberries, pumpkin seeds and nuts.



**Watch this video to boost your brain power**

## 3. Don't underestimate your recovery time

Recovery time is productive. Ask any athlete. Nature created sleep for a reason. There are important processes that happen in our brain and body when we are asleep.

Allow quality rest—choose to say no when you need a rest.

### #sleephack

**Can't fall asleep?** Inhale deeply and hold your breath for as long as you can. Do it a few times. It resets your nervous system and relaxes your mind.



**Watch this video to get a better night sleep**

## 4. Don't ignore the science

Movement produces energy. If you don't move all day sitting behind your desk your physical and mental power will be diminished. Your body is made to move.

### #energyhack

Stretching every hour can help reduce the negative impact of our sedentary lifestyle. Check out the video below.



**Watch a video and start stretching at your desk today**

## 5. Don't forget what you're made off

Up to 60% of the human adult body is water. The brain and heart are composed of 73% water, and the lungs are about 83% water. Water is a vital nutrient to the life of every cell, acts first as a building material.



**Watch a video and start a 30-day water challenge**