

# Stand tall at work

## Movement

In the Netherlands, we spend an average of **9.3 hours** a day sitting down—more than we sleep! Movement is healthy. Try to stand up every half hour, organise walking meetings, or cycle to work once in a while.

Not only does this burn calories, it is also a simple way to improve your performance.



### Boost your brain

Exercising makes your brain produce substances that make you less prone to stress and more productive, helping you reach your maximum potential in the workplace.



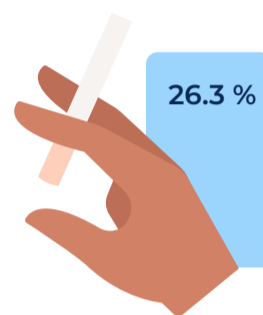
### Win-win-win

Healthy employees make happy employers. They perform better and are sick less often. Those savings can be reinvested in boot camp training for the whole department.

## Smoking

**26.3%** of the Dutch population over 18 smokes. Smokers are less productive and have higher absenteeism rates. Do yourself (and your colleagues) a favour and put that cigarette out for good.

If you need help, talk to your manager or colleagues. Quitting together works!



## Alcohol

**21%** of the working population drinks twenty or more alcoholic beverages a week. If you find yourself snapping at colleagues or struggling with general tiredness, it may be wise to skip a drink every now and then.

If you find this difficult, tell your colleagues about it so they can take it into account.



### Positive vitality

When you feel good, it shows. Energetic employees have a proven positive effect on colleagues. If you work directly with customers, you will also notice this in your interaction with them.



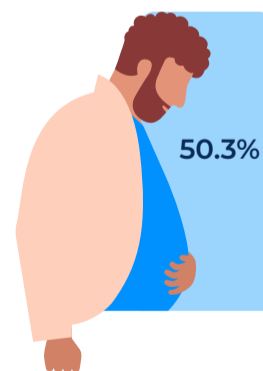
### Eat for fitness

A healthy diet contributes to feeling good and fit during your work day. If you ever suffer from an after-lunch dip, try a healthy salad as an alternative to a sandwich.

## Nutrition

**50.3%** of the Dutch population over twenty is overweight. There's nothing wrong with a small belly, but being seriously overweight doubles your risk of illness compared to slimmer colleagues.

Taking the stairs a few times a week or eating a healthy lunch can make all the difference over the course of a year.



## Relaxation

**1 in 6** employees suffers from sleep problems. They struggle to fall asleep, wake up frequently and get up tired. Sound familiar? Talk about it with your manager. Sleep problems manifest themselves in the workplace in lower productivity and reduced alertness. Don't let that happen to you!

