

# 5 Healthier Habits for Work

by Annie Barrett, 10 Weeks to Vibrant Living

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- **HYDRATE.** Drink eight 8-ounce glasses of water per day. That's a half gallon. Drink water and herbal tea instead of coffee.
- **BRING YOUR OWN HEALTHY LUNCH.** Think salads and soups. Think lean protein, veggies, and fruits. Reduce refined carbs.
- **TAKE FREQUENT BREAKS** to revitalize yourself and increase productivity. Try 25 minutes of work followed by a 5 minute break.
- **SIT UP STRAIGHT!** Don't slouch. Elongate your spine, and widen your collarbones. Keep your shoulders back. Invest in ergonomic office furniture.
- **GET MOVING!** Walk during your break. Do yoga in your office. Invite your work mates to join you.

## Carl Dawson's Chair Yoga

