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Is your job making you fat?

posted by [richie garard](#) for [fitness](#) - mon, 04 jul 2011 09:49

Australian researchers found that women sitting at their desks more than six hours a day are nearly twice as likely to be overweight that those who sit for less than 45 minutes a day. Researchers have concluded that a sedentary job is a major health concern for both genders and it's no secret that sedentary jobs (combined with poor eating habits) have contributed dramatically to the accelerating obesity rate of the past 20 years.

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So here are seven useful tips and strategies that you can apply to your workday:

- 1. Move more.** You simply have to get physical and move more to compensate for your sedentary workday. Start by looking at incidental exercise such as taking the stairs, parking further away or getting off one bus stop earlier to help you complete a power walk to your building. At the office, make a commitment to stand up and walk for 2 minutes every hour. Use this as an opportunity for a quick break to refresh and clear your mind.
- 2. Team up with like-minded co-workers.** Increase your motivation, accountability and results by teaming up with a few workmates. Some ideas may be sharing healthy recipes, joining a regular exercise program together, or holding an office health and fitness challenge. By providing moral support, you'll not only improve team-building but also have fun at the same time.
- 3. Eat.** It's too easy to find yourself 'too busy to eat' due to a flood of emails, reports and meetings. Your body needs energy to keep you focused and get you through the day. Make it a priority to eat a balanced and healthy lunch, along with 1-2 healthy snacks (and never skip breakfast!) Focus on eating a good balance of fruit, vegetables, whole wheat grains and lean proteins.
- 4. Fill your top drawer with healthy snacks.** Blacklist the office vending machine by stashing strategic healthy snacks (fresh fruit, nuts, hummus, green tea, sliced vegetables and dried fruit) that will give you a lift without adding to your waistline. Make it a priority to plan and refill your drawer every Monday so that you always have a supply of healthy treats when you start feeling hungry.
- 5. Cut down on eating out at lunch.** Most employees buy lunch at least three times a week. If you cook and eat home-made food, you can choose the size of the food portions, the quality of the food and also the ingredients. In other words, you maintain control. Make a priority of either preparing your lunch the night before, or cooking larger quantities for dinner to allow leftovers for lunch the next day.
- 6. Drink at least 2 litres of water per day.** Dehydration leads to a lack of energy, alertness and productivity. In order for you to maintain peak performance at work,

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focus on drinking at least 2 litres of water per day and always keep water at your desk (it'll give your hands something to do when you're stressed and will divert you from eating when you're not really hungry.)

7. **Choose wisely.** Learn how to eat out wisely, and remember how much better you feel come mid-afternoon when you eat healthy. Remember that just because there is cake or sweets being offered, it doesn't mean that you have to say 'yes' every time. Learn how to say 'no', remember the rule of moderation and always think before you eat.

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Remember, **small things add up to big things** – and if you want to change your life in a big way, start with some small changes to your lifestyle and workday.

You now have a handful of good ideas, tips and strategies. Which ones will you apply to improve your workday?

Richie is a certified personal trainer and strength and conditioning coach, specialising in women's health and fitness. After his own personal weight-loss journey which saw him lose 22 kilos, Richie Garard founded She FITNESS www.shefitness.com.au – a group and personal training franchise which aims to help women reach their fitness goals in a fun, supportive, outdoor environment. Richie is now helping hundreds of women across Sydney improve and maintain their health and fitness!

As someone who wasn't born fit, Richie knows how vital outside support is and has made it his mission to help the women of Australia stay active.

Are you passionate about fitness and running your own business? Visit <http://www.shefitness.com.au/franchising> and contact Richie today!

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