



Program Description

“VITALITY!”

Ensuring Productivity with Proper Self-Care

Vitality refers to your wellness. How healthy are you? How much energy do you have throughout the day to accomplish the things you want to do? Recent studies have revealed we have the potential to dramatically impact our productivity by paying closer attention to our behaviors around health. In other words, we eat too much, drink too much, don't exercise enough, work too much, and don't sleep enough to be productive. Some studies suggest that upwards of 70 percent of doctor visits are prompted by our own choices in these areas. This chapter will guide you in making the choices necessary to give you vitality and productivity every day!

Course Objectives:

1. Get adequate sleep each night, so you're not sleepy during the day.
2. Get sufficient exercise.
3. Practice healthy eating habits.
4. Use all your allotted vacation time each year.
5. Pamper yourself on a regular basis.
6. Monitor the noise level in your office, so it's conducive to productivity.
7. Ensure that your workspace is comfortable and ergonomically correct.
8. Take a lunch break every day.
9. Drink the proper amount of water each day.
10. Reduced or eliminate all unhealthy addictions from your life.

