



TIP OF THE MONTH

Celebrating National Employee Wellness Month!

June is National Employee Wellness Month and we are so excited to share with you our top tips on how to remain healthy in the workplace! Employees are a business's most valuable asset, so take care of yourself. You're worth it!

1. Make your workstation work for you.

Whether you are at home, or in an office or factory, you need a workspace that doesn't put added strain on your body. One of the best ways to do that is by making sure you have an [ergonomically friendly work area](#). The goal of ergonomics is to reduce stress and eliminate injuries and disorders associated with the overuse of muscles, bad posture, and repeated tasks. This is done by designing tasks, workspaces, controls, displays, tools, lighting, and equipment to fit your physical capabilities and limitations. Need help setting up your workstation? Let us know - we can help.

2. Take stretch and movement breaks.

According to an article in the [National Library of Medicine](#) sitting at work accounted for more than 60% of participants' total daily sitting time on workdays. Sitting for long periods has been linked to high blood pressure, cholesterol levels, obesity, and more. [The Mayo Clinic](#) has a few recommendations to help combat this including:

- Taking a break from sitting every 30 minutes
- Stand while you talk on the phone or watch TV
- Try using a standing desk or a high table or counter that allows you to comfortably stand at your workstation.

3. Get a Good Night Sleep.

Did you know that getting a full night of sleep has been linked to improved concentration and higher cognitive function? It's true! A good night's sleep can improve job performance more than that extra cup of coffee you're eyeing. Falling asleep can be hard, but luckily we've put together some [simple ways to help you catch those elusive Zzz's](#).

4. Practice Healthy Eating Habits.

You know the saying... You can't outrun a bad diet. Pre-portion [healthy snacks](#) to keep your energy levels up throughout your day to avoid the afternoon slump. By preparing these snacks ahead of time you'll be less likely to binge on something in the vending machine or pantry. Also, try organizing a healthy recipe swap with your co-workers. By supporting each other and trying new things, you can stay on track health-wise and build camaraderie with your peers.

We will be celebrating Employee Wellness Month through the entire month of June. Join us on social media for more great tips on how you can practice wellness at work. We'll see you there!

Call today to ask us how we can help you get back to enjoying the activities that are important to you!



“Ability is what you're capable of doing. Motivation determines what you do. Attitude determines how well you do it.”

— Lou Holtz

TELL A FRIEND

The greatest compliment we can receive is for our patients to tell their friends and family about their positive experience with us. If you know someone who is experiencing pain or limitations and you believe they could benefit from therapy, please tell them about us.

We will ensure that they will receive great care and have a positive therapy experience with us!

A RECIPE FOR YOU

Hummus

This is a great snack for a busy workday! The full version of this delicious recipe can be [found here!](#)



INGREDIENTS

- 1/4th cup of lemon juice
- 1/4th cup of tahini sauce
- 1 clove of minced garlic
- 2T of olive oil
- 1 (15oz) can of chickpeas
- 1/2 tsp of cumin
- Salt to taste
- 2-3 T of water

DIRECTIONS

1. In a food processor mix the tahini and lemon juice until well blended
2. Add in the olive oil, garlic, cumin, and salt to the mixture blend thoroughly
3. Drain and rinse the chickpeas, add to the mixture, and blend - adding 2-3 tablespoons of water until you reach your preferred consistency
4. Add salt and additional olive oil to taste and enjoy!



**5 WAYS TO
OVERCOME
STRESS
AT WORK**



Featured Article: [5 Ways to Overcome Workplace Stress](#)

Many of the most effective stress control mechanisms are surprisingly physical in nature..[more](#)