

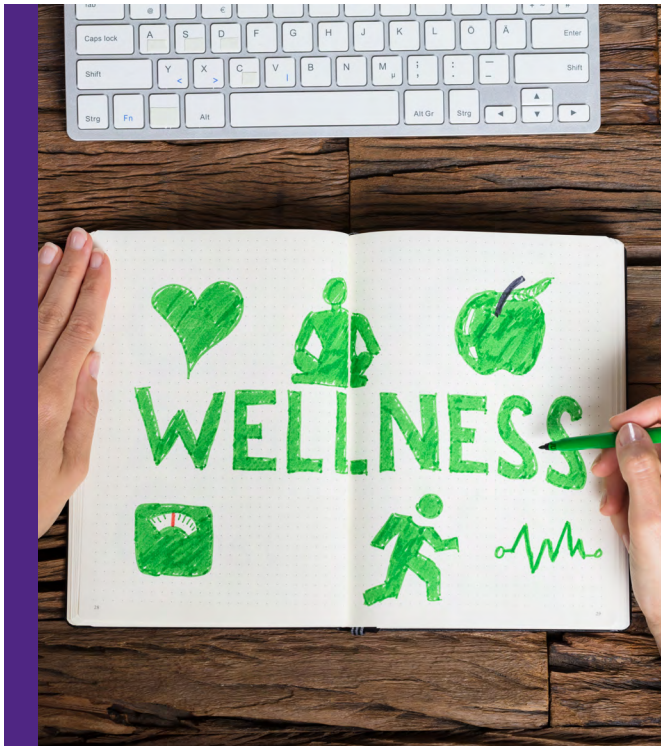


# WALK KANSAS

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**2023 WEEK EIGHT**



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## Wellness at Work

The culture and environment of daily work has changed, as well as the work itself. By prioritizing efficiency, we have engineered physical activity out of our lives. Some of you can relate to the business of farming. In the late 1800s, the typical farmer worked at a level equal to someone running at 5 miles per hour all day. In 1850, it took more than 100 man-hours to harvest an acre of wheat. In 1940, it took only a few hours. Now, it can be done in a matter of minutes.

There are many appliances and tools in use at home and work that increase efficiency. There are robot vacuum cleaners, bread making machines, chain saws, riding lawn mowers, leaf blowers, and so many more conveniences that save physical energy. Now, we need to find a way to bring movement back into daily life.

Most adults spend about half their waking hours on the job, often in front of a screen. Workplaces can play a key role in supporting healthy lifestyle choices, and research shows that employees in good health are more likely to deliver better performance.

Think about how you can engineer some movement back into your workday. Here are some ideas:

- » Sit on an exercise ball instead of a chair. This is good for core strength and posture.
- » Stand up, stretch and move around every hour. Set an alarm to remind you to move.
- » Use the restroom on another floor of the building where you work and take the stairs to get there.
- » Walk during breaks.
- » Use your lunch hour wisely. After you eat, head outdoors for a walk if you can. Walking

after lunch utilizes a habit-building method called habit stacking. Since eating lunch is something you do every day, stacking a walk onto that ingrained habit will help anchor movement into your daily routine.

- » When you get a phone call, pace the room instead of staying in your seat. Movement also helps to boost creativity and problem solving.
- » Get a standing desk so you can change your position throughout the workday.
- » When you can, choose a walking meeting rather than a phone call or Zoom.
- » Take a break for chair yoga ([www.webmd.com/fitness-exercise/video/chair-yoga](http://www.webmd.com/fitness-exercise/video/chair-yoga)).
- » Set yourself up for success by planning ahead. Schedule movement breaks into your day; wear comfortable shoes or keep a pair of walking shoes at work; keep basic fitness equipment nearby, like an exercise ball and hand weights; find a movement buddy at work to increase your motivation and social support.

Start by adding one or two new habits at a time and build on these. Remember that any movement is better than none.

## Workplace Well-being

Well-being is desired by just about everyone. It includes having good mental health, high life satisfaction, a sense of meaning or purpose, and the ability to manage stress. Well-being develops from your thoughts, actions, and experiences, and while it is a broad experience there are different types: Emotional, Physical, Social, Societal, and Workplace Well-being.

To develop workplace well-being, it is necessary to build skills that help you pursue what really matters to you. This includes building professional skills, and it also includes things like living your values and maintaining work-life balance. When you develop these skills, you enjoy work more, you stay focused and motivated, and experience more success at work. When you develop workplace well-being, your work feels more meaningful. Because we spend so much time at work, building workplace well-being has a great impact on our overall well-being.

## On Zoom? Don't just sit there!

Zoom calls and webinars can be tiring and it is too easy to lose focus, especially if you find yourself "zooming" frequently. Getting a bit of exercise while you zoom can help relieve physical tensions, reduce boredom from being stuck in front of a screen, and help you focus and be more creative. And, you can do it without people noticing! Give some of these ideas a try.

**Work on posture.** Sitting on an exercise ball is a great way to practice good posture. If you don't have one, simply remind yourself to sit up straight. Look at the little picture of yourself in the zoom window. Make sure you don't slump. If you are feeling tense, try rolling your shoulders nice and slow.

**Stand up for yourself.** It's easy to stand up during your zoom session if you have a standing desk. If you don't, you can improvise. Find a box or something to place your computer on so it is at a good height to practice good posture. If it is not too distracting (and if your camera is off) step side-to-side and forward-backward while on zoom. You can also march in place.

**Practice balance while on zoom.** This is an easy one to do. Just stand on one leg and hold it for as long as you can, then move to the other leg.

**Lift a little.** Keep hand weights close by your desk and pick them up while on zoom. You can get some upper body exercise (with your camera off.)

**Stretch your hip flexor.** While standing, lift one leg up behind you, grab your foot and then pull it towards your glutes. Here are more stretches you can do at work [www.verywellfit.com/best-stretches-for-office-workers-1231153](http://www.verywellfit.com/best-stretches-for-office-workers-1231153).

**Breathe life into your zoom session.** Practice deep breathing and start with good posture. Take a deep breath through your nose and through your belly. Hold for a couple seconds, then breathe out slowly and gently through pursed lips. Repeat.



## Swap it Out

Eating away from home and on the go can be challenging. With a little planning, you can save money and make healthier choices if you take lunch and snacks to work. Think about what you typically eat, then identify a couple of healthy “swaps” you can make, like these listed below.

- » Fruit infused water or unsweetened iced tea for soda.
- » Hummus instead of ranch dressing for dipping veggies.
- » English muffin instead of a donut.
- » Fruit crisps instead of chips (look for dehydrated or air-dried fruit crisps with no added sugar).
- » Whole fruit instead of fruit juice or canned fruit in heavy syrup.
- » Whole grain bread instead of a croissant.

- » Roasted chicken and tuna (packed in water) instead of deli meat.
- » Olive oil mayo instead of regular mayonnaise.
- » Baked potato instead of cheesy potato casserole or french fries.
- » Replace mayonnaise in salads with olive oil and vinegar.
- » Replace the candy bowl at work with fresh fruit or snack-sized/individually packaged almonds or trail mix.
- » Enjoy whole-grain popcorn, air-popped topped with sea salt or garlic powder.

Check this fact sheet ([hgic.clemson.edu/factsheet/packing-lunches-for-work-or-school/](http://hgic.clemson.edu/factsheet/packing-lunches-for-work-or-school/)) with tips for planning and packing lunches from home that are thrifty, nutritious, tasty, and safe to eat. This Med-Way tuna salad is delightful on lettuce leaves, or as a sandwich with whole grain bread.

## Mediterranean Tuna Salad Lettuce Wraps

Makes 2 Servings

### Ingredients:

- 1 5-ounce can tuna packed in water, drained
- 1 tablespoon lemon juice
- ½ tablespoon olive oil
- 1 green onion, chopped
- 1 stalk celery, finely chopped
- ¼ cup sweet red pepper, chopped
- 2 tablespoons chopped olives
- 1 tablespoon chopped fresh basil
- Freshly ground pepper, to taste
- 4 leaves butterhead, Boston, or romaine lettuce, washed and dried



### Directions:

1. Wash hands with soap and water.
2. Prepare produce and basil by rinsing under cold running water. Chop onion, celery, red pepper, olives, and basil.
3. Mash tuna in a medium sized bowl. Add lemon juice, oil, and pepper; toss to coat.
4. Add onion, celery, red pepper, olives, and basil; stir to combine.
5. Divide lettuce leaves between 2 plates. Top with tuna salad and serve or pack for lunch.

**Nutrition Information per 2 pieces lettuce and about ¾ cup tuna salad:** 120 calories; 5 g total fat (0.5 g saturated fat, 0 g trans-fat); 5 g carbohydrates; 15 g protein; 2 g fiber; 320 mg sodium; 2 g sugar.

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