

10 Healthy Tips For Working Mothers



1. **Drink plenty of water:** avoid sugary drinks that slow you down.
2. **Smart snacking:** pre-pack healthy snacks for on-the-go. Try vegetables and hummus, apples and peanut butter or trail mix.
3. **Incorporate strength training into your exercise routine:** keep light hand weights at work and utilize them for 3 minute intervals throughout the day.
4. **Weight management at work:** prepare your lunches at home so you have a healthy meal ready to go.
5. **Believe in breakfast:** it is the most important meal of the day! Add whole grains and protein to keep you full and focused.
6. **Get moving:** if you've been sitting for too long, take a 5 minute break to go for a walk.
7. **Commit to a bedtime:** to make sure you get at least 7 hours/night.
8. **Deep breathing to de-stress:** you can do this right at your desk.
9. **Breastfeed your baby or pump at work:** check out the breastfeeding policy at your workplace!
10. **Find out how to be healthy at work:** talk with your employer, HR director or review your benefits package.