

Northwest Permanente Wellness Passport Guidelines

July - September 2017

Occupational: Stop desktop dining

Stop desktop dining

It's scientifically proven that our brains need breaks. About sixty-two percent of professionals typically dine "al desko," with their faces illuminated by the blue glow of their computer monitors. However, even if you're eating all the right things—a healthy blend of fiber, protein, and fat, followed by a chaser of H2O—you're still doing your body a disservice by staying in your seat. Sitting for long periods of time can cause a whole host of health issues including back pain, leg disorders and increased risk of heart disease. In short, getting up every once in a while, is important for both mental and physical health.

To get credit for this activity, do not eat at your desk for two weeks. Instead of eating at your desk, have lunch with a co-worker in an empty conference room, eat in the park, go for a walk during lunch or find a similar alternative. At the end of the two weeks, answer the questions below and email your answers to nwpwellness@kp.org

- What did you choose to do instead of eating at your desk?
- On a scale of 1-10 (1=light, 10=overloaded), how was your professional workload during these two weeks?
- Will you continue to eat elsewhere other than your desk?
- Other comments?

Please submit all documentation to NWP Health & Wellness, KPB 16
or e-mail: nwpwellness@kp.org