

Ways to Wellness

- 1. Eat Breakfast:** Eating a healthy breakfast (not just coffee) can raise metabolism by as much as 10%.
- 2. Promote a Healthy Diet:** Offer healthy snacks and meals during work related meetings.
- 3. Take Stretching Breaks instead of Smoking Breaks:** Stretching and exercise can reduce the risk of back pain symptoms and can relieve stress.
- 4. Get a Flu Shot:** Work days lost to influenza total over 70 million annually.
- 5. Participate in Team Competitions as a Department:** WellnessWorks offers team-based competitions that can add excitement to a stagnant exercise program.
- 6. Comply and Enforce the Smoke Free USC Policy:** Help make USC a healthier place to live, learn, work and play.
- 7. Have Walking Meetings:** If your meeting doesn't require a desk and chair take it outside and enjoy the beautiful South Carolina weather.
- 8. Know Your Numbers:** Have your blood pressure and cholesterol checked regularly.
- 9. Take Advantage of Your Resources:** Participate in the various wellness resources on campus.
- 10. Join an Intramural Team:** Campus Recreation offers teams ranging from Flag Football to Bowling.