

# Join the Fight Against Lung Cancer



At Sleep Apnea Treatment Centers of America, we are committed to overall health and well-being, day and night. A healthier daytime you, equals better sleep at night. As a partner with the Lung Institute and the American Lung Association for the upcoming Fight for Air Climb, the following are some healthy workplace tips to get you ready to climb the stairs. It is our pledge to help you live healthier, sleep better.

## Healthy Tips for the Workplace from Sleep Apnea Treatment Centers

- **Drink 48 to 64 ounces of water a day.** It's best to use a glass container and try adding a slice of lime, lemon, cucumber or orange if you have issues with the taste. Another hint: monitor your consumption by filling a BPA-free gallon container in the morning, or a water bottle with ounce markers and watch the level decrease throughout the day.
- **Stay away from the vending machine.** Plan ahead and keep healthy snacks at your desk and in the car, such as nuts, apple, dried fruit and low-calorie protein bars. Various types of nut butter spread on celery is another option.
- For lunch, **choose fresh fruits and vegetables** with high-quality protein. Instead of white bread choose whole grain.
- Park further than normal from the office and walk to work. Or better still, **bike instead of drive.** Take the stairs instead of the elevator.
- Take a break every hour for a couple of minutes. Instead of sending an email or texting your co-worker, walk over to his or her desk.
- If possible, **exercise during your lunch break.** Or create a mini-gym in your work area. Use your desk edge for dips, keep resistance bands in your drawer. And then add to the mix a resistance ball chair, which can improve your posture.
- Use a pedometer and see how many steps (converted to miles) you actually cover during the course of a day's work. **Aim for 10,000 steps a day.**