



Organize your workspace for better health

Sitting for prolonged periods hunched over a computer, working at a cluttered desk, and having a drawer stuffed with unhealthy snacks is a recipe for fatigue, low productivity, muscle strain and possibly weight gain. This spring, make some fresh changes to adjust your workspace. Read on to find tips to help you feel and perform better.

[Find out more >>](#)



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Fitness is for life

Exercise is one of the best things you can do to contribute to your health and well-being. No matter your age or stage in life, there are many health reasons to exercise and many exercises you can participate in. Read on to learn why fitness is for life!

[Learn how >>](#)



Stressed out and overeating? Learn to take control

Are you in the habit of devouring stacks of cookies or gorging on chips when you're stressed out, anxious, angry, sad or bored? It's common to use food as a way to stuff down or alleviate stress and other uncomfortable emotions.

Unfortunately, the "emotional eating" food choices are often high-calorie and loaded with carbohydrates, sugar, salt and/or fat. Here are some healthier ways to manage stress and other strong feelings and regain control of your eating habits.

[Read now >>](#)



Employee Health and Fitness Month

Read: Learn how to be more active while at work with these tips from the Mayo Clinic.

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