

Eat Well Top Tips

- Start your day right with a good breakfast – getting the right level of protein and fibre in a breakfast can help you remain alert up until lunch. Why not take advantage of bring home and make a fresh smoothie to go with it
 - Eat away from your work area – it is all too easy to sit back down in front of your computer and carry on working through your lunch. Make sure you sit somewhere where you can't see your emails and take time to eat and digest your lunch
- Caffeine boundaries – with the kettle just a few steps away you can soon mount up those cups of coffee! Set yourself a daily limit and stick to it
 - Plan your lunches – working in a different environment can soon get us out of routine and good habits and leave us reaching for snacks in replacement of a good lunch. Plan your lunches in advance and if possible make them the night before
 - Get creative! Gone are the days of fighting for space in the office fridge so why not have something you wouldn't normally take in to work! At least you can have hard boiled eggs without people moaning about the smell!

