



Workplace Supervisor

Tips for Managers Healthy Eating Workplace Benefits

As the old saying goes. “You are what you eat.” There is a good reason why this statement is still used today — it’s true!

We know that what we eat can have a significant impact on our overall health and well-being. Since most of us spend on average 60% of our waking hours at work, it stands to reason that the workplace is a good place to encourage healthy eating.



Employees who eat well are employees who feel better, have increased energy, and are more productive

Healthy eating also impacts workplace productivity by increasing alertness, improving sleep, which can lead to improved cognitive function, and building a strong immune system, which can reduce the risk of illness and absenteeism.

You can make a difference

As a leader, you can help create a positive workplace culture by promoting productivity and success through health eating.

Here are a few tips.

Lunch breaks. Encourage your team to eat away from their desk to reduce the likelihood of over-eating and make it easier for them to get some exercise.

Mindful eating can make meals more enjoyable and prevent common food-related issues like overeating and weight gain. Encourage employees to access eM Life through their Concern Digital Account and explore mindful eating options such as “The Art of Mindful Eating,” or “Freedom from Emotional Eating.”

Lunch & Learn. Consider scheduling a live, expert-led webinar to help your team learn about healthy eating. To arrange a webinar, contact your Account Executive. Examples include:

- Diet Frustrations: Why Your Diet May Not be Working for You
- Strategies for Weight Control

Helpful tips. Share these articles found on Concern's Employee Website

- [Avoid Dieting. Create a Healthy Lifestyle](#)
- [Diet & Mental Wellness](#)
- [3 Steps to a Healthier Diet \(Part 1\)](#)

This tip sheet is intended for informational purposes only. If you find your level of stress is impacting your wellbeing, you can contact us for help and support.

Call: 800.344.4222
employees.concernhealth.com