

# 7 Simple Ways to Stay Healthier at Work

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## ***ABC News:***

Spending an average of 40 hours per week at work can be physically and mentally draining, but the workplace can also be unhealthy in other ways as well.

Sitting or standing for long periods of time can cause pain and other adverse effects, and there can also be nutritional traps, such as vending machines, that could contribute to weight gain.

But experts say there are numerous things people can do to make their workplaces healthier. The following pages feature simple tips for keeping healthy at work.

Check out 1-7 here: [ABC News](#)