

Fitter at work

Sitting is the new smoking



Do yourself a favour and stand up more often. This can reduce the risk of diabetes, obesity and sleeping disorders, while improving your circulation and concentration.

Are you standing up yet?



Get enough sleep

Try to sleep **7,5 hours** every day. Not only will it make you feel better, it will improve your performance which, in turn, will help you sleep!



Healthy eating

+ 20%

+20% More productive by adding vegetables and fruits to your lunch four times a week.

- 27%

-27% Absenteeism by eating healthily and regularly throughout the day.



Green is good!

+ 15%

+15% Creativity when there are enough plants in the office

- 38%

-38% Fatigue by adding some green to the work environment



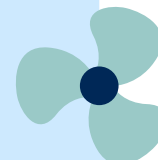
Good ventilation

+ 25%

+25% Productivity
Fresh air keeps you alert

- 25%

-25% Absenteeism through healthy ventilation



Take a break to win

+ 15%

+15% Chance of increased work performance by taking a 30 minute break at least 3 times a week.



Cycle more often

Cycling offers more than just fresh air. Did you know that cycling for fifteen minutes a day can prolong your life by six months, on average?

