5 Simple Tips to Stay Healthy at Work. by Paul Joseph. Co-founder of Health and Fitness Travel. Welcome to the world of work; deadlines, meetings, emails and calls. I'm a very physically active person but with my busy schedule it is difficult at times to stick to healthy choices. I find it hard to keep to regular eating times when working long days and usually opt for something quick to eat at my desk. Sometimes I have skipped lunch altogether just so that I can finish a task that needs my full attention which is not good. This only slows down my concentration and productivity levels.

Fur Staying Healthy. If you are like most working Americans you spend more than a third of your week at work. Staying healthy during these hours can prove to be difficult since you are more focused on doing a good job than you are on your own health. However, it's important not to neglect your health, so we've put together a few ways to keep you healthy while at work. 1) Eating Healthy and Staying Hydrated. To maintain healthy muscles and joints for work, you must keep your body hydrated by drinking plenty of water, along with eating well-balanced meals. Fruits and vegetables, are the perfect snack. For the most part, working full-time is not a choice as much as an inevitable part of life. Whether you're goals lie in raising a family or reaching the upper echelons of your career, chances are you're going to have to put in the hours required by your profession to get there. In most cases, these tend average out at around 40-50 hours per week, with even more in certain industries. In such circumstances, it can be difficult to stay healthy, especially as the years add on. However, there are certain steps that anyone can take in order to stem the tide of time and keep their youthful