



# LIVE WELL @WORK Newsletter

UC San Diego | Center for  
SCHOOL OF MEDICINE | Community Health

SEPTEMBER 2019

## FEATURE

### 5 - 2 - 1 - 0 Every Day!

5-2-1-0 Every Day is a health promotion campaigns designed to improve families' health and children's health. 5-2-1-0 spreads a simple message about health-promoting behaviors in your community and where families work, live, and play, and helps parents learn how they can aid in supporting children's health.

- 5- Five or more servings of fruits and vegetables
- 2- Two or fewer hours of recreational screen time
- 1- One or more hours of physical activity
- 0- Zero sweetened beverages

To learn more about the 5-2-1-0 Every Day campaign,

visit **this website:** <https://sdcoi.org/resources/5210-everyday/>

## HARVEST OF THE MONTH

### Green Beans & Plums

A half cup of green beans is a good source of fiber, which can help keep the digestive tract healthy.

A half a cup of plums provides a good source of vitamin C, which helps your body heal cuts and wounds.



## SWAP OUT → SWAP IN

### Sitting Desk → Standing Desk

Standing while doing work may seem like a useless additional effort. However, the potential benefits of standing may convince you otherwise. Studies have found that sitting for long periods of time are linked with a higher risk of obesity, diabetes, cardiovascular disease, as well as colon and breast cancer. Standing rather than sitting, can potentially reduce those risks, as well as reduces the risk of shoulder and back pain. Individuals that chose to stand while working may also burn a few more calories compared to those that sit.

"Not sitting" doesn't just mean standing still. It encompasses walking, pacing, stretching, swaying, marching, and other small movements that can be performed at a desk while working. You can get creative and incorporate a little bit of wiggle time as you work. Also, adding in regular activity breaks, such as taking a walking break, will contribute to your overall daily activity.