

Working shifting hours?



Staying healthy can be just like clockwork.

Take some time for yourself today so you can help improve your fitness, happiness and health.

- Work out before your shift to keep your heart healthy and use your breaks to exercise.
- Pack a healthy brown bag lunch to help avoid the temptation of vending machine snacks.
- Avoid late-night caffeine so you can fall asleep easier after you get home.
- Take a short nap before your evening shift to feel fresh and alert at work.
- Make social connections by calling home and schedule time for family and friends on your days off.



Source: Mayo Foundation for Medical Education and Research

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