

The 'Good Health' logo, with 'GOOD' in large, bold, black letters and 'HEALTH' in white letters with a black outline, all set against a yellow and orange background.

starts at

WORK

"It isn't always easy, but I try my best to stick to a routine."

Planning for the week ahead can make your day-to-day less daunting.

Consider meal prepping healthy lunchboxes, reviewing your calendar and planning in some time to get fresh air or exercise.

Speak to your manager if you are experiencing stress ahead of the work week to see how your employer can help.



Find out more here about how good health can start at work.

