

Get Moving-Get Healthy New Jersey...Workplace



Presented by
Rutgers Cooperative Extension's Family and
Community Health Sciences

Week 1 – Stress Less at Work

Job stress can be related to carrying personal issues and frustrations into the workplace. The effect of stress can be felt in terms of productivity on and off the job. Balancing stress is the key to a fulfilling and healthy lifestyle. Start by consuming a healthy diet rich in colorful fruits, vegetables, low-fat calcium foods such as milk, cheese and yogurt, whole grain foods, and lean meat, fish and poultry. The resources below were selected to assist you on your personal journey to a healthy lifestyle!

Healthy on the Job!
Workplace Wellness
Newsletter

Click on the link [HERE](#) for the newsletter

Rutgers Cooperative Extension Fact Sheet

[Workplace Wellness: Stress Less on the Job – RCE Fact Sheet #1166](#)



Check out these great resources!

[Choose MyPlate SuperTracker](#) is a way to get information about food, fitness and health

[Stress symptoms on your body from the MayoClinic](#)

[The Families, Food & Fitness Community of Practice at eXtension](#) provides an array of Information by topic for consumers

Social Media links

[Family & Community Health Sciences webpage](#)

[Family & Community Health Sciences on YouTube](#)

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Small Steps to Health & Wealth Challenge - To sign up for the SSHW Challenge, follow the "Challenges" link on the *Small Steps to Health and Wealth*™ Web site at <http://njaes.rutgers.edu/sshw/>. Set up a user name and password and download a simple one-page user's guide with instructions about how to proceed.