

# WELLNESS



The NSTMA “practices what it preaches” by promoting healthy activities and wellness for its member company employees. We would like to ensure that all our members no matter how healthy have the resources they need to take control of their health care and wellness.

Research has shown that employees are more likely to come to work and perform well when they are in optimal physical and psychological health. In addition, wellness has proven to be an effective tool in reducing the growth of health care costs. **Some simple wellness strategies:**

1. Nutrition
2. Balancing your work / home life
3. Time management

## NUTRICIAN / HEALTHY EATING TIPS

- **Examine your eating behaviors:** start by keeping a food log of what you’re eating, how often & how much. Determine what triggers unhealthy eating and try changing that habit.
- **Make your goals personal:** determine what change **YOU** want to make and set realistic goals to accomplish it.
- **Make a plan and write it down:** don’t make a resolution too broad – be specific!
- **Check in with your goals monthly:** make yourself accountable. Check in monthly on the goals you’ve set and if you’re sticking to it.
- **Be patient:** goals take time to accomplish.
- **Seeking help from others:** to come up with healthy eating goals seek advice from a dietician. (Source: [www.eatright.org](http://www.eatright.org))



The North Shore TMA is funded with support from its members, MassDOT, and the Federal Highway Administration.

Find us on and on @NorthShoreTMA

# WELLNESS



The NSTMA “practices what it preaches” by promoting healthy activities and wellness for its member company employees. We would like to ensure that all our members no matter how healthy have the resources they need to take control of their health care and wellness.

Research has shown that employees are more likely to come to work and perform well when they are in optimal physical and psychological health. In addition, wellness has proven to be an effective tool in reducing the growth of health care costs. **Some simple wellness strategies:**

1. Nutrition
2. Balancing your work / home life
3. Time management

## NUTRICIAN / HEALTHY EATING TIPS

- **Examine your eating behaviors:** start by keeping a food log of what you’re eating, how often & how much. Determine what triggers unhealthy eating and try changing that habit.
- **Make your goals personal:** determine what change **YOU** want to make and set realistic goals to accomplish it.
- **Make a plan and write it down:** don’t make a resolution too broad – be specific!
- **Check in with your goals monthly:** make yourself accountable. Check in monthly on the goals you’ve set and if you’re sticking to it.
- **Be patient:** goals take time to accomplish.
- **Seeking help from others:** to come up with healthy eating goals seek advice from a dietician. (Source: [www.eatright.org](http://www.eatright.org))



The North Shore TMA is funded with support from its members, MassDOT, and the Federal Highway Administration.

Find us on and on @NorthShoreTMA

# WELLNESS



The NSTMA “practices what it preaches” by promoting healthy activities and wellness for its member company employees. We would like to ensure that all our members no matter how healthy have the resources they need to take control of their health care and wellness.

Research has shown that employees are more likely to come to work and perform well when they are in optimal physical and psychological health. In addition, wellness has proven to be an effective tool in reducing the growth of health care costs. **Some simple wellness strategies:**

1. Nutrition
2. Balancing your work / home life
3. Time management

## NUTRICIAN / HEALTHY EATING TIPS

- **Examine your eating behaviors:** start by keeping a food log of what you’re eating, how often & how much. Determine what triggers unhealthy eating and try changing that habit.
- **Make your goals personal:** determine what change **YOU** want to make and set realistic goals to accomplish it.
- **Make a plan and write it down:** don’t make a resolution too broad – be specific!
- **Check in with your goals monthly:** make yourself accountable. Check in monthly on the goals you’ve set and if you’re sticking to it.
- **Be patient:** goals take time to accomplish.
- **Seeking help from others:** to come up with healthy eating goals seek advice from a dietician. (Source: [www.eatright.org](http://www.eatright.org))



The North Shore TMA is funded with support from its members, MassDOT, and the Federal Highway Administration.

Find us on and on @NorthShoreTMA

# WELLNESS

## BALANCING YOUR WORK / HOME LIFE

Technology is a wonderful thing but it can also be the cause to some problems. If you're constantly available to work on your cell phone, blackberry, iphone, or always logging into work, when do you have time for yourself? The answer is most people don't make time for themselves anymore. It's time to establish boundaries!

- **Asses your job** and set realistic expectations
- **Being available 24/7** does not allow you the mental break you need to recharge
- **Establish boundaries** for work/home
- **Time management** try to carve out some time for yourself (hobbies, sports, exercise)
- **Learn to say NO**-take control of your day

## TIME MANAGEMENT

Try these quick tips to manage your time better.

1. **Goal setting:** setting goals does take time but once a plan is in place you'll work more efficiently. Start each week/day with goal setting to ensure a productive week/day.
2. **Manage interruptions:** decide what interruptions are 'urgent' vs. 'managed'. If urgent deal with it right away, then go back to your goal list and pick up where you left off.
3. **Procrastination:** are you a procrastinator? If so, take the time to figure out why you do this. Once you know, reward yourself for not procrastinating and completing tasks on time.
4. **Scheduling:** arrange time out of your day for you to work on your jobs/tasks you need to complete. Block this time off in your calendar so others know they can't schedule a meeting during that time. (Source: [www.mindtools.com](http://www.mindtools.com))

Wellness resources: [www.shapeup.org](http://www.shapeup.org),  
[www.familyfitness.about.com](http://www.familyfitness.about.com),  
[www.acefitness.org](http://www.acefitness.org), [www.eatright.org](http://www.eatright.org)

Learn more about Wellness and the NSTMA's services by going to: [www.NorthshoreTMA.org](http://www.NorthshoreTMA.org).

Questions, please contact TMA Outreach Manager Al Marrone 603-702-2156  
[commute@northshoretma.org](mailto:commute@northshoretma.org).

# WELLNESS

## BALANCING YOUR WORK / HOME LIFE

Technology is a wonderful thing but it can also be the cause to some problems. If you're constantly available to work on your cell phone, blackberry, iphone, or always logging into work, when do you have time for yourself? The answer is most people don't make time for themselves anymore. It's time to establish boundaries!

- **Asses your job** and set realistic expectations
- **Being available 24/7** does not allow you the mental break you need to recharge
- **Establish boundaries** for work/home
- **Time management** try to carve out some time for yourself (hobbies, sports, exercise)
- **Learn to say NO**-take control of your day

## TIME MANAGEMENT

Try these quick tips to manage your time better.

1. **Goal setting:** setting goals does take time but once a plan is in place you'll work more efficiently. Start each week/day with goal setting to ensure a productive week/day.
2. **Manage interruptions:** decide what interruptions are 'urgent' vs. 'managed'. If urgent deal with it right away, then go back to your goal list and pick up where you left off.
3. **Procrastination:** are you a procrastinator? If so, take the time to figure out why you do this. Once you know, reward yourself for not procrastinating and completing tasks on time.
4. **Scheduling:** arrange time out of your day for you to work on your jobs/tasks you need to complete. Block this time off in your calendar so others know they can't schedule a meeting during that time. (Source: [www.mindtools.com](http://www.mindtools.com))

Wellness resources: [www.shapeup.org](http://www.shapeup.org),  
[www.familyfitness.about.com](http://www.familyfitness.about.com),  
[www.acefitness.org](http://www.acefitness.org), [www.eatright.org](http://www.eatright.org)

Learn more about Wellness and the NSTMA's services by going to: [www.NorthshoreTMA.org](http://www.NorthshoreTMA.org).

Questions, please contact TMA Outreach Manager Al Marrone 603-702-2156  
[commute@northshoretma.org](mailto:commute@northshoretma.org).

# WELLNESS

## BALANCING YOUR WORK / HOME LIFE

Technology is a wonderful thing but it can also be the cause to some problems. If you're constantly available to work on your cell phone, blackberry, iphone, or always logging into work, when do you have time for yourself? The answer is most people don't make time for themselves anymore. It's time to establish boundaries!

- **Asses your job** and set realistic expectations
- **Being available 24/7** does not allow you the mental break you need to recharge
- **Establish boundaries** for work/home
- **Time management** try to carve out some time for yourself (hobbies, sports, exercise)
- **Learn to say NO**-take control of your day

## TIME MANAGEMENT

Try these quick tips to manage your time better.

1. **Goal setting:** setting goals does take time but once a plan is in place you'll work more efficiently. Start each week/day with goal setting to ensure a productive week/day.
2. **Manage interruptions:** decide what interruptions are 'urgent' vs. 'managed'. If urgent deal with it right away, then go back to your goal list and pick up where you left off.
3. **Procrastination:** are you a procrastinator? If so, take the time to figure out why you do this. Once you know, reward yourself for not procrastinating and completing tasks on time.
4. **Scheduling:** arrange time out of your day for you to work on your jobs/tasks you need to complete. Block this time off in your calendar so others know they can't schedule a meeting during that time. (Source: [www.mindtools.com](http://www.mindtools.com))

Wellness resources: [www.shapeup.org](http://www.shapeup.org),  
[www.familyfitness.about.com](http://www.familyfitness.about.com),  
[www.acefitness.org](http://www.acefitness.org), [www.eatright.org](http://www.eatright.org)

Learn more about Wellness and the NSTMA's services by going to: [www.NorthshoreTMA.org](http://www.NorthshoreTMA.org).

Questions, please contact TMA Outreach Manager Al Marrone 603-702-2156  
[commute@northshoretma.org](mailto:commute@northshoretma.org).