

Wellness Tips

Part of a quarterly Tenant Wellness Seminars in partnership with Tri Fit

Seven Habits of Highly Well People



- Did you know? Social connections strengthen the immune system, lower rates of anxiety and depression and improve self-esteem.



- Why Eat Breakfast? Eating breakfast improves mental performance and boosts energy.



- Find time each day for YOU! Exercising, meditating or spending time outside lowers stress.



- One sleepless night is equivalent to a blood alcohol level of 0.08% so get your 7-9 each hours each night!



- Those who eat a diet rich in vegetables have a lower risk for heart disease, obesity and diabetes.



- Keep a gratitude journal to reduce stress, increase motivation and optimism.



- As little as ten minutes of daily activity can improve health and boosts mood.

- Stand up and stretch every hour to improve your health, mood and productivity.

We welcome your questions and suggestions

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