

BAZAAR Harper's

Feel Better From 9-5

Harpersbazaar.com



Peter Koval

Unless you're walking out of your boss' office with a promotion or heading to the Hamptons on a summer Friday, chances are that on most days, you leave work feeling worse for wear. The clock strikes five and immediately sends a signal to your brain involving one or more of the following: wine, carbs, pajamas, Netflix. But what if you could end the workday feeling energized and balanced—no standing desks or mile-long lunch break runs required? With these easy (promise) tweaks to your 9 to 5 schedule, the office can become a place to achieve total mind and body wellness. Follow our chart for expert tips from Dr. Frank Lipman, founder and director of Eleven-Eleven Wellness Center and author of *The New Health Rules*; **Franci Cohen, personal trainer and nutritionist**; Yvette Rose, wellness coach and founder of Joulebody and Suze Schwartz, founder of Unplug Meditation.

Feel Better from 9 to 5

MORNING

MENTAL HEALTH

Place your hands on your chest and inhale for 4 seconds, hold for 4 seconds, exhale for 4 seconds. Repeat for 2 minutes.

FITNESS

Make sure your computer screen is at eye level and your elbows and hands are on one even plane.

NUTRITION

Drink a glass of warm lemon water before your morning coffee or tea.

NUTRITION

Avoid fruits and grains for breakfast and eat half an avocado or a whole egg instead.

LUNCH

FITNESS

While sitting, hold the left side of your desk chair with your left hand and bring your right arm up over your head. Inhale and lean all the way to the left. Hold for 6 breaths, then release. Switch sides and repeat cycle 6 times.

NUTRITION

Fill your lunch plate with complex carbs and proteins that will give you sustained energy, like red lentils, quinoa, açai smoothies, salmon and kale.

MENTAL HEALTH

Go on a 15-minute walk outside for a daily dose of vitamin D.

AFTERNOON

FITNESS

Stand up with your legs hip width apart. Inhale as you reach your arms up in the air. Exhale, bend forward at the waist and reach your hands to your feet for 15 seconds. Repeat 5 times.

NUTRITION

Snack on high fiber, energy-boosting foods like hummus, walnuts, apples with peanut butter, steel-cut oats or turkey wraps.

MENTAL HEALTH

Massage a few drops of peppermint oil on your wrists, behind your ears and on your temples to increase focus.

END OF DAY

MENTAL HEALTH

Do something you love for 10 to 15 minutes with no