

Keep healthy foods at your desk or in the fridge at work

Don't let snacking on unhealthy foods at work be your diet downfall

Try one of these healthy snack options to provide you with more energy — and fewer calories — during your workday.

- Fresh fruit
- Chopped, fresh veggies with low-fat dip
- Instant oatmeal packets (preferably the plain variety) mixed with a mini box of raisins
- Low-fat yogurt
- Soy nuts or other mixed nuts
- Trail mix made with whole grain cereal, nuts and dried fruit
- Air-popped or low-fat microwave popcorn
- Whole grain crackers spread with natural peanut butter or soy nut butter
- Fruit smoothie made with yogurt, tofu, skim or soy milk
- Veggie burger on a whole-grain bun

Take one of the wellness assessments or begin a lifestyle improvement program—such as Highmark's *Balance* weight management—to get a personalized plan that'll help you meet your fitness goals. GuideStone's Well Informed resources include tools to help you make the lifestyle changes to live a longer, healthier life. These include fitness trackers, menu ideas, weight management and stress reduction programs, discounts on gym memberships and supplements, and much more! For more information, go to www.GuideStoneInsurance.org and choose the "Well informed" link.