12 ways to make your workplace healthier

**Start a conversation.**
In research* 95% office workers said once a week or less would be ideal for cake. **What do your colleagues think?**

**Make it easier** to avoid sugar. Go snack-free four days a week

**Make cake special** with a weekly 30-min slot to have a break from work, chat with colleagues and build relationships

- Don’t display cakes all day. **Store out of sight** until cake time
- **Celebrate the week’s birthdays** on the same day – a real celebration!
- **Save gifts** from foreign trips for cake day
- Discuss what to do about meeting refreshments and leftovers

**Offer alternatives**
eg fruit kebabs, dips & raw veg, nuts, cheese

**Challenge bakers to make low-sugar**, low-flour bakes. Ditch the icing

**Respect** a colleague’s choice to say no to cake

**Brainstorm alternatives** to sweet treats as reward or recognition


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