

## The Office

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One of my favorite TV shows is The Office.

I realize that it drags out office life in a very exaggerated way, but there are some realities to the Office that may relate to you.

On "The Office" they seem to have a party every other episode. People order cakes and bring in cupcakes and ice cream.

This weekend I went into a couple of different real- estate offices and saw jars of candy on the receptionists desk, much like Pam has on The Office.

If your office resembles the show at all, then you have plenty of tempting moments to cheat on eating healthy.

So, how do you combat that?

My recommendation is to create your own food jar. In your jar though, instead of having candy, have almonds.

When someone has a birthday, bring cupcakes for everyone else, but bring a healthy option as well. A good choice is a fruit tray as it is sweet, but not an unhealthy food like cupcakes!

Being good with proper eating is not easy! Once you establish some decent habits though, it will be easier and easier to repeat them.

Do you have any tricks on how eat better in the office? If so, send me an e-mail and let me know!

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Make it a great day San Antonio!

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