

GOOD *for you*

Health and Wellness
for Magna Employees

Shift Work

Maintaining a healthy lifestyle while on shift work is possible if you commit to routine and preplanning!



TIPS FOR RESTFUL SLEEP

Create a Sleep Time Routine

- Keep a consistent wake & bed time
- Develop a bedtime & wake up ritual (ex. warm bath, read a book, meditate, yoga)

Create a Restful Sleep Environment

- Block our sources of light
- Put your phone away
- Block out noise
- Keep room cool
- Sleep naked
- Use calming sounds/music

Practice Relaxation Exercises

- Deep breathing 4-7-8 technique (inhale-hold-exhale)
- Muscle relaxation (contract a muscle, hold for 10 sec, fully relax)

NIGHT SHIFT WORKERS GUIDE TO A RESTFUL SLEEP

- Get your daily tasks completed in the hours before you go to work, so that sleep is a priority when you return home
- Avoid bright light on your way home from work
- Avoid watching TV or using electronics that emit artificial light (the blue light tricks our brains to thinking it's daytime)
- Eat nutrients that help you sleep like magnesium, tryptophan, and complex carbs



Shift Work

'Powered Up' Meal Tips – Before Shift

Focus on lean protein and complex carbohydrates

- Grilled fish, sweet potatoe & dark leafy green salad
- Chicken strips in a whole wheat pita
- Turkey mixed bean chili
- Steel cut oats with flax, chia seeds & fruit



'Energy Boost' Snack Ideas – During Shift

Focus on protein, fruits & vegetables

- Greek yogurt sprinkled with nuts and seeds
- Sliced apple with cottage cheese
- Hummus and raw vegetables
- Fruit with nut butter



Relaxing Meal Ideas – After Shift

Focus on complex carbohydrates & low protein.

- Steel cut oatmeal with warm plant-based milk
- Rye crackers with turkey or avocado
- Banana chia and almond milk smoothie
- A slice of whole grain toast with almond butter



TIPS TO FIT EXERCISE INTO YOUR WORK DAY

- Establish a wake up routine that includes physical activity
- Try to incorporate short bouts of activity into your shift
- Remember: physical activity can be broken down into 10 minute blocks
- Create/ join a sports group with your co-workers working similar shifts
- Take the longer walking routes from point A to B

Remember, exercise at any time is far better than no exercise!

