

THE NEW NETWORKING

Forget old-school steak dinners; here's how to spend quality time with business contacts without turning to food or drink:

- ❖ **GET POLISHED** Offer to take a client for a manicure. It's not fattening—and can be more inspiring than a lunch meeting.
- ❖ **WORK IT OUT** Post an ad on a networking site for a walking buddy who's in your line of work so that you can talk shop as you train.
- ❖ **GIVE A HEALTHY BONUS** Skip the deal-clinching drinks and celebrate the close of a project with bowling or concert tickets.



Time to Focus

Multitasking at work is a must today, but tackling too much at once can backfire, especially when it comes to your diet (you're more apt to overeat when you're distracted). Try these fixes:

STOP eating lunch at your desk while replying to e-mail.

START sliding your keyboard under your desk when you eat so that you're not tempted to check your e-mail.

STOP lunching on grab-and-go foods (such as energy bars and pretzels) while doing errands.

START eating lunch *before* you run errands so that food is never an afterthought.

STOP sampling the pastry platter while taking notes at your morning meeting.

START arriving 15 minutes *early* so that you have time to eat a *healthful breakfast before* the meeting starts.

OUCH! OVERWEIGHT EMPLOYEES FILE THE GREATEST NUMBER OF WORKERS' COMP CLAIMS, SAY DUKE UNIVERSITY RESEARCHERS.



Food for Thought

Want to boost your job performance *and* your weight-loss efforts? We turned to New York City-based nutritionist Marissa Lippert, R.D., to help us identify smart office eats.

SCENARIO	WHAT YOUR BODY NEEDS	GOOD PICK
YOU HAVE TO WORK LATE	A balance of healthful complex carbs, protein, and a little fat to keep your blood-sugar levels steady	1 c. edamame or half a peanut butter and jelly sandwich
YOU HAVE A BIG PRESENTATION	A light bite that's easy to digest and keeps your energy levels high	Plain yogurt with berries and a few whole-grain crackers
YOU'VE HIT AN AFTERNOON SLUMP	A boost of hydration to fight fatigue plus a balanced snack to keep your concentration at its peak level	Water with a twist of lime; ½ c. mixture of dried cherries, raw pecans, and whole-grain cereal