



(People will literally do yoga in their work clothes!!)

TEF crafts places that people love. TEF Design is an architecture and interior design practice in San Francisco that was established in 1997 and employs 25 full time staff.

In October 2016, TEF Design passed Physical Activity and 100% Healthy Beverage policy. The policies helped staff easily integrate physical activity and drinking more water during the workday.

Maryam Rostami, TEF staff states, "At our office, we have a lot of product vendors come in to give "lunch and learn" presentations. Our office admin guru has been conscientious in asking them to bring healthy food choices and to leave behind ALL sugary drinks. This has made a big difference! I also notice that people use the filtered water pitcher all day, and even our office diet coke enthusiast has been incorporating a lot more water in her daily intake. Also, we have a daily afternoon stretch time, during which a few people have taken their own initiative to take a walk and get away from their desks to get some fresh air and movement, which is great. Also, during this time, we have implemented office yoga, which began as a once a month program, but has now grown to twice a month, as there is great interest in being able to easily integrate yoga in one's day."

