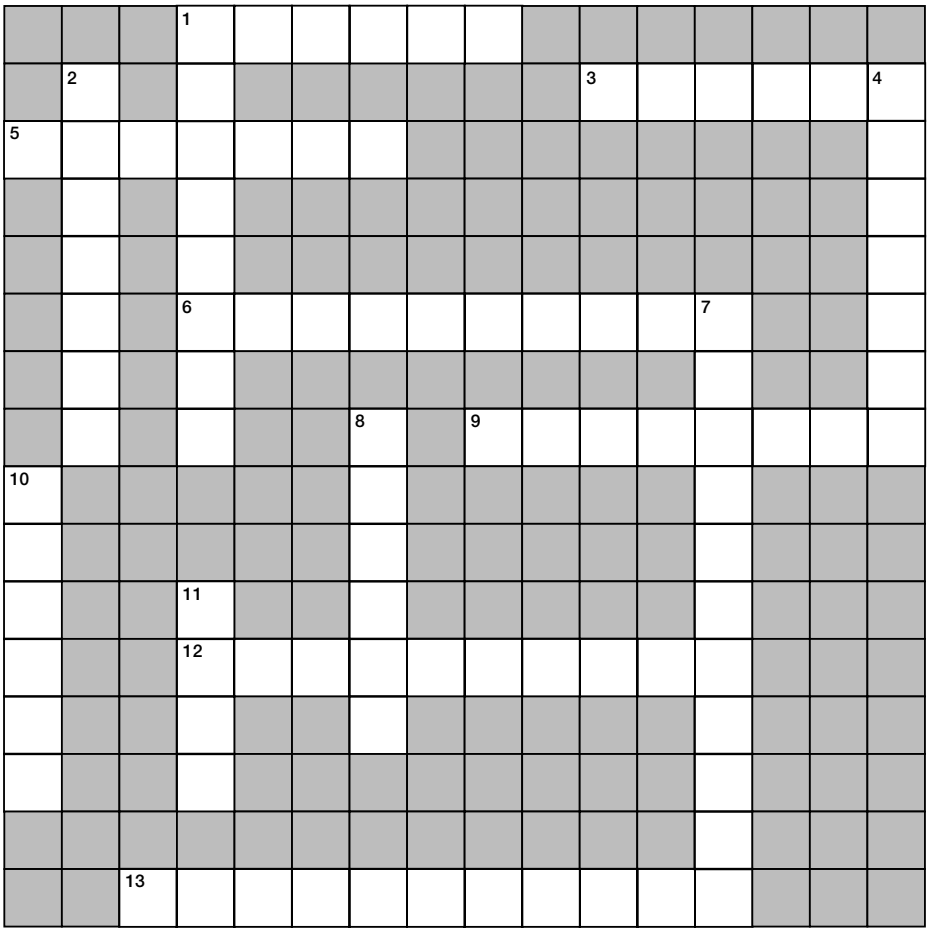
Safety starts with me

# Employee Wellness



## ACROSS

1. Making slight adjustments to your diet may give you more _____ and prevent weight gain or illness.
3. Take frequent, short _____ to stretch and get your blood flowing throughout the day.
5. Plant-based proteins like beans and soy add _____ to your meal.
6. Exercising 30 minutes a day, five days a week can significantly improve your _____ and prevent weight gain.
9. Store medications in their original containers and keep them up, away and out of sight—especially from _____.
12. When shopping, look for products that name a whole grain _____ first on the list.
13. An estimated 1.2 million emergency room visits in 2009 were related to prescription _____.

## DOWN

1. Overdose deaths from prescription painkillers are reaching _____levels.
2. If your doctor prescribes you painkillers, be sure to read _____ labels carefully and take only as directed.
4. Choose lean cuts of meat like _____ and chicken breast.
7. Never share your _____ with someone else.
8. Top baked potatoes with low-fat _____ instead of sour cream.
10. Properly dispose of unwanted medications, especially painkillers, to prevent theft or _____ by others.
11. If you live close to your job, make an effort to _____ to work.

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