Safety starts with me

Employee Wellness

			1 E	N	E	R	G	Y							
	2 W		P							3 B	R	E	A	K	4 S
5 V	A	R	I	E	T	Y									I
	R		D												R
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	I		6 M	E	T	A	B	O	L	I	S	7 M			O
	N		I									E			I
	G		C			8 Y		9 C	H	I	L	D	R	E	N
10 M						O						I			
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S			11 B			U						A			
U			12 I	N	G	R	E	D	I	E	N	T			
S			K			T						I			
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		13 P	A	I	N	K	I	L	L	E	R	S			

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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