



# Little Decisions. Big Impact.

Simple, everyday choices, to a healthier you

YES

## EAT RIGHT

Choose fish or lean cuts of meat like sirloin and chicken breast

Buy whole grain products

Drink lots of water

Choose fruits and vegetables rich in color



YES

## GET SLEEP

Cut down on caffeine

Avoid drinking too many liquids in the evening

Get to bed at the same time every night

Get seven hours of sleep



## STAY ACTIVE

Exercise 30 minutes a day

30 min/  
each day

Use your break time to take a quick walk

Walk the stairs instead of riding the elevator



YES

MINUTES OF EXERCISE A DAY, FIVE DAYS A WEEK helps improve your metabolism and prevent weight gain.



For more information on this and other safety topics, please log on to the member-exclusive website at [nsc.org](http://nsc.org).

SOURCE: EMPLOYEE WELLNESS CHECKLIST