Safe FOR Life

It's Never Too Late to Form
Healthy Habits

Every day, we're faced with decisions that are crucial for our health. Taking small steps to improve general health can have tremendous outcomes on all aspects of our lives.

Eating Right Checklist

Making slight adjustments to your diet may give you more energy and prevent weight gain or illness.

- ☐ Choose lean cuts of meat like sirloin and chicken breast
- ☐ Opt for plant-based products like beans and soy to add variety to your meal
- ☐ Shop smart – pick products that name a whole grain ingredient first on the list
- ☐ Use fat-free or low-fat milk on cereal and top baked potatoes with low-fat yogurt instead of sour cream
- ☐ Consume less sodium, added sugars and saturated fat
- ☐ Keep healthy snacks available
- ☐ Drink lots of water
- ☐ Choose fruits and vegetables rich in color

Physical Activity Checklist

Just 30 minutes of exercise a day, five days a week can significantly improve your metabolism and prevent weight gain. Even if you work a sedentary job, there are many ways you can sneak in physical activity throughout the day.

- ☐ If you drive to work, pick a spot further away from the entrance; or, if you live close, make an effort to bike or walk to work
- ☐ Use your break time to take a quick walk
- ☐ Opt for the stairs rather than the elevator
- ☐ Take frequent, short breaks to stretch and get your blood flowing

Getting Enough Sleep Checklist

Developing proper sleep habits is critical in avoiding injuries at work and maintaining long-term health.

- ☐ Cut down on caffeine, especially after lunch
- ☐ Avoid drinking too many liquids in the evening
- ☐ Get to bed at the same time every night
- ☐ Try and get at least seven hours of sleep each night
- ☐ Create a quiet and relaxing environment free from electronics and noise

The sooner we can begin these healthy habits the better. It not only makes us feel more energized, but also sets a good example for those around us.

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