



Safety starts with me



Employee Wellness

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ACROSS

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

DOWN

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