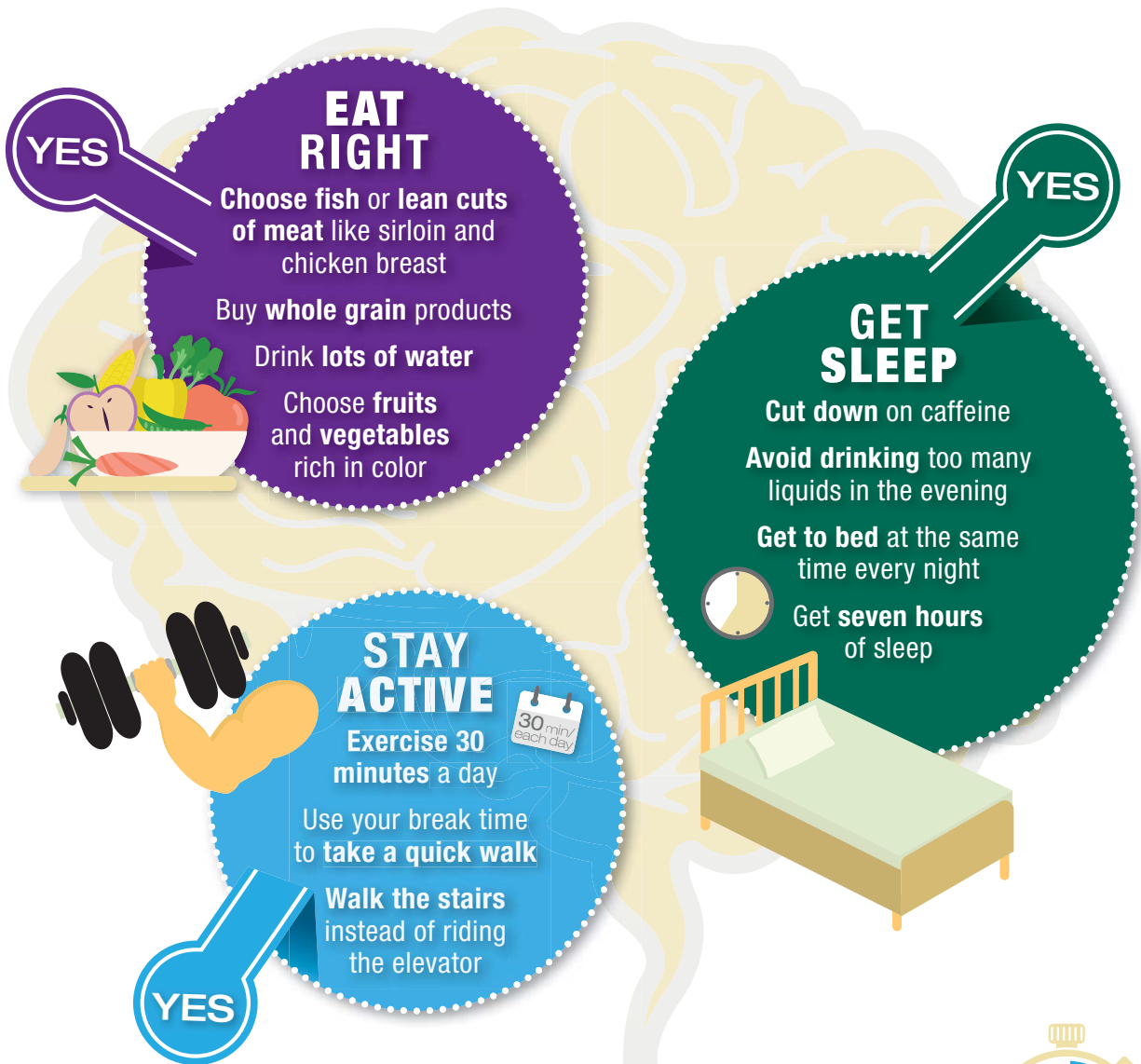




# Little Decisions. Big Impact.

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



YES

## STAY ACTIVE

Exercise **30 minutes** a day

Use your break time to **take a quick walk**

**Walk the stairs** instead of riding the elevator



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