



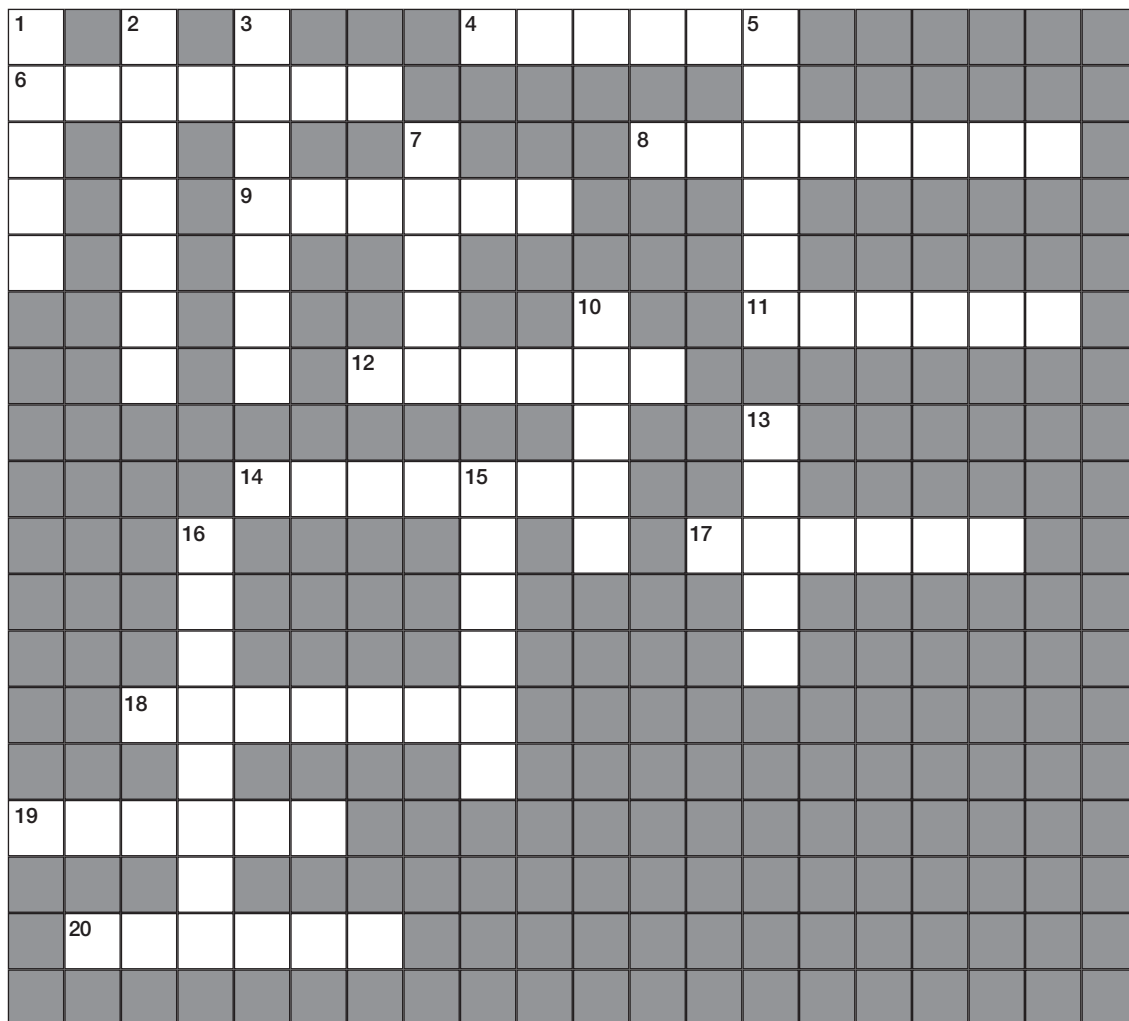
NATIONAL
SAFETY
MONTH
Safety 24/7

Employee wellness

For answer key visit nsc.org/nsm.

ACROSS

4. Choose healthier snack options for meetings like fruit instead of _____.
6. _____ choices should be incorporated into your work day.
8. Instead of calling or _____ a question, go ask in person.
9. Trying a few healthy choices throughout the work day could help you feel better and give you more _____.
11. To help lower blood pressure, eat a low _____ diet.
12. Parking farther away, using the _____ and taking walks on breaks are ways to get active at work.
14. According to National Institute of Health, if a 200lb person loses ten to _____ pounds, they may reduce their risk of diabetes.
17. Your risk of the 3 leading causes of death, heart disease, cancer and _____, can be reduced by eating healthy.
18. Seafood, turkey, chicken breast, eggs and beans are lean sources of _____.
19. Some activities to help you stay _____ might include yard work, cleaning the house, going to the gym, taking a bike ride or joining a sports league.
20. Stretch and get the blood flowing with frequent short _____.



DOWN

1. Choose _____ grain foods.
2. Try something different and have a meeting while _____ or standing.
3. Get everyone up and _____ during meetings longer than one hour.
5. Avoid candy bar vending machines by having healthy _____ available.
7. A quick piece of _____ for breakfast is better than skipping it if you are short on time.
10. You should _____ your lunch instead of eating out, but if you must eat out, choose something that is steamed, grilled or broiled.
13. Drink _____ rather than sugary drinks.
15. Major factor to being overweight and obese are poor _____ habits and lack of physical activity.
16. Adults are urged to participate in 30 minutes of moderate _____ 5 days a week for health benefits.



