



Safety 24/7



Employee Wellness

Did you know?

If you are overweight, losing just 5-7% of body weight, that's 10-15 lbs in a 200 lb person, can reduce your risk of diabetes.

(National Institutes of Health)

Low sodium diets have blood pressure lowering benefits. It is recommended to consume less than 1 teaspoon of table salt a day.

(National Heart Lung and Blood Institute)

Physical activity not only helps control your blood pressure, it also helps you manage your weight, strengthen your heart and manage your stress level.

Small changes can make a big difference to your health and wellness. If people made the choices to eat better, engage in more physical activity, reduce the harmful use of alcohol and quit smoking, at least 80% of all heart disease, stroke and type 2 diabetes – and over a third of cancers – could be prevented, according to the World Health Organization. Poor eating habits and lack of physical activity are the major contributing factors to being overweight and obese in the U.S.

Make healthy eating choices

Healthy eating can reduce the risk of chronic illness and disease, including the three leading causes of death: heart disease, cancer and stroke.

Healthy eating tips include:

- Make half your plate fruits and vegetables
- Make half the grains you eat whole grains – such as oatmeal, whole wheat bread and brown rice
- Choose fat-free or low-fat milk, yogurt or cheese
- Drink water instead of sugary drinks
- Choose lean sources of protein – such as seafood, turkey and chicken breast, eggs and beans
- Choose foods with less sodium – look for “low sodium” and “no salt added” on food packages
- Eat some seafood each week – such as salmon, tuna or crab
- Pay attention to portion size – when eating out, avoid “supersizing” your meal or take some home for later

Stay active

For substantial health benefits, adults are encouraged to engage in 30 minutes of moderate exercise*, five days a week. This can be done through activities such as:

- Taking a brisk walk at lunch
- Going for a bike ride after work
- Working in the yard
- Cleaning the house
- Joining a sports league
- Going to the gym
- Swimming laps at the pool

**Moderate activity is safe for most people. If you have a chronic health condition such as heart disease, arthritis, diabetes or other symptoms, talk with your doctor about the types and amounts of physical activity right for you.*

NATIONAL
SAFETY
MONTH 2012

National Safety Council
1121 SPRING LAKE DRIVE
ITASCA, IL 60143-3201
(800) 621-7619
NSC.ORG