

SAFETY



MONDAY



TAKE SAFETY TO HEART: BE YOUR OWN VALENTINE!



As essential workers during the pandemic, our personal wellness is critical to supporting our American infrastructure. Therefore, it is even more important to take care of yourself now to remain heart healthy for the long haul.

Fact: 655,000 Americans die of heart disease each year

Fact: Did you know 1 person dies from a heart attack every 36 seconds in the U.S.?

Fact: Heart disease is the leading cause of death for men, women, and people of most racial and ethnic groups in the United States.

Here are some ways to show yourself some love and become more heart healthy in 2021:

- ✓ **Make a point to walk 4000k steps a day.** This is about 30 minutes altogether. Don't cheat yourself from being healthier by simply going for a walk!
- ✓ **Challenge yourself to make homemade meals and eat healthier.** For better digestion and heart health, eat lean proteins, yummy veggies and tasty starches.
- ✓ **Drink more water!** We tend to reach for sodas, coffee and other caffeinated drinks to stay alert. Reduce these drinks to be a treat instead of a staple in your daily routine.
- ✓ **Get out and enjoy nature!** Use your time off the clock to reset, refocus and rejuvenate yourself to be better rested during the week. Lower your stress level and your heart will thank you!!

