

**SAFETY**



**MONDAY**

# HEART HEALTH



***Within our industry, we are very active throughout the workday doing our everyday tasks. Below are some tips on how to stay well and keep a healthy heart.***

- ✓ *Eat Healthy – Cut Down on Salt and Eat Less Sugar*
- ✓ *Get More Exercise*
- ✓ *Stay at a Healthy Weight*
- ✓ *Control your Cholesterol and Blood Pressure*
- ✓ *Quit Smoking and Stay Away from Secondhand Smoke*
- ✓ *Cut Down on Energy Drinks*
- ✓ *Outside of Work - Drink Alcohol Only in Moderation*
- ✓ *Manage Stress*
- ✓ *See your Primary Care Dr. for a Yearly Physical healthy heart.*



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