

# Healthy Work Life

The goal is to keep all workers safe by promoting healthy behaviors. Regardless of where you are in your career, changing bad habits and embracing a healthier lifestyle is necessary for a safer and more productive career. Workers, regardless of age, need to take steps every day to live a safe and healthy life.



## What are your risks?

- Do you smoke?
- Are you overweight?
- Do you drink sugary sodas every day?
- Are you getting enough sleep?
- Do you exercise?

## Healthy Behaviors for a Better Life:

- Eat Healthy:
  - Eat a variety of fruits, vegetables, and whole grains every day
  - Limit foods and drinks high in calories, sugar, salt, fat, and alcohol
  - Eat a balanced diet to help keep a healthy weight
- Be Active:
  - Get at least two and a half hours of physical activity a week to:
    - Maintain or lower weight
    - Decrease risk for Type-2 diabetes, heart attack, stroke, and cancer
    - Lessen arthritis pain and associated disability
    - Lower blood pressure
    - Reduce risk for osteoporosis, falls, depression, and anxiety