

SafetySpotlight

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DIET AND EXERCISE

Easy steps to a healthier you

Did you know that burning an extra 150 calories per day reduces your risk of developing heart disease, high blood pressure, diabetes, colon cancer, anxiety and depression? Though this is great for your health and waistline, how does it affect your job?

For starters, regular exercise and healthy eating will make you feel better during your regular daily activities, help you think more clearly and live an overall healthier life. In addition, diet and exercise will reduce your risk of injury on the job and time away because of illness. So, not only does your health affect your job, it actually affects your bank account, too!

If you don't already have a regular exercise routine consisting of at least 30 minutes of moderate to intense activity most days of the week, then there's no time like the present to start.

Exercise is not the only tool necessary to remain healthy; you must also eat a well-balanced, low-fat diet. In addition to eating a diet rich in fruits, vegetables, proteins, and carbohydrates, you must also monitor caloric intake. Generally, women ages 23 to 50 need approximately 2,000 calories per day and men in the same age group require 2,700 calories per day.



EVERYONE CAN USE A POSITIVE ATTITUDE

Having a positive attitude is necessary for your overall well-being, both physically and mentally. Though life may get you down from time to time, having a bright outlook will make all of your experiences more enjoyable. Here are some ways to maintain a positive attitude on the job:

- Establish a balance between the priorities in your life so if one is not going well, you can simply focus on the positives in the others.
- Make the most of a negative situation by looking for ways to improve it.
- Tell yourself that you can achieve your goals and banish negative doubts.
- Try to visualize success to become more self-assured.
- Find a way to attack problems right away and turn around a negative situation.
- Maintain your sense of humor in negative situations and do not take yourself too seriously.
- Never give up in the face of setbacks. Instead, think of them as learning curves that you must get around.

Did You Know?

Numerous clinical studies have provided data demonstrating the effect maintaining a positive attitude can have on life expectancy. Those that remain positive, especially into their later years, typically live longer.