

Maintaining a Healthy Body Weight Reduces Your Chance of Injury



A healthy body weight is an important element to living and working safely every day. Make the choice today to eat healthy meals and exercise often. Here are a few tips to get you started:

1. Keep fruits and vegetables on hand for snacking. Yogurt and cheese are also good choices.
2. Take time out each week to plan the next week's meals. When shopping for items at the grocery store, be sure to read the nutrition labels.
3. Try to eat at home as much as possible. Often when eating out, you miss out on necessary servings of fruits and vegetables. In addition, portion sizes from restaurants are often larger and can cause you to overeat.
4. Daily exercise, even as basic as walking, is not only great for your body, but also helps to reduce stress and the mental fatigue that can build up throughout the day.



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Prepared by Gallagher Bassett, 2850 Golf Road, Rolling Meadows, IL 60008 • www.gbriskcontrol.com

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