



SAFETY MOMENT

Topic: Wellness

Every day, we are faced with decisions that are crucial for our health. Taking small steps every day to improve general health can have tremendous outcomes on all aspects of our lives.

Proper Use of Medication

Overdose deaths from prescriptions painkillers are reaching epidemic levels. In fact, an estimated 1.2 million emergency room visits in 2009 were related to this issue with people of all ages.

- ☐ Never share your medication with someone else
- ☐ Store medications in their original containers and keep them up, away and out of sight – particularly from children.
- ☐ Properly dispose of unwanted medications, especially painkillers, to prevent theft or misuse by others
- ☐ If your doctor prescribes you painkillers, be sure to read warning labels carefully and take only as directed.

Eating Right

Making slight adjustments to your diet may give you more energy and prevent weight gain or illness.

- ☐ Choose lean cuts of meat like sirloin and chicken breast, or opt for plant-based products like beans and soy to add variety to your meal
- ☐ Shop smart – pick products that name a whole grain ingredient first on the list
- ☐ Use fat-free or low-fat milk on cereal and top baked potatoes with low-fat yogurt instead of sour cream.

Physical activity

Just 30 minutes of exercise a day, five days a weeks can significantly improve your metabolism and prevent weight gain. Even if you work a sedentary job, there are many ways you can sneak in bouts of physical activity throughout the day.

- ☐ If you drive to work, pick a spot further away from the entrance; or, if you live close, make an effort to bike to work
- ☐ Use your break time to take a quick walk or climb the stairs

Source: MidAmerican Energy Safety Newsletter