

Safety Committee's

MONTHLY TIP



HEART HEALTH MONTH

INFORMATION FROM AMERICAN HEART ASSOCIATION

**REDUCE
EXCESS
LEVELS OF
SODIUM**

**REDUCE
YOUR
STRESS BY
TAKING
SLOW DEEP
BREATHS OR
LISTENING
TO
RELAXING
MUSIC**

MOVE MORE

**TRY TO GET 150 MINUTES OF
MODERATE INTENSITY
EXERCISE EACH WEEK**



**MUSCLE?
YES PLEASE**

**ADD
STRENGTH
TRAINING 2
DAYS A
WEEK**

SLEEP

**MOST ADULTS NEED 7-9 HRS
EACH NIGHT**

**EXERCISE
HELPS TO
REDUCE
STRESS
LEVELS**