

## **TOOLBOX TALK #3**

### **MAKE HEALTHY DECISIONS**

Taking small steps every day to improve your general health – including knowing how to properly use and store medication, eating healthier, and exercising – can have many benefits.

#### ***Proper use of medication***

Overdose deaths from prescription painkillers are reaching epidemic levels. In 2009, an estimated 1.2 million emergency department visits were related to prescription overdoses.

To safely use and store your medications:

- Never share your medications with anyone.
- Store medications in their original containers and keep them up, away and out of sight.
- Properly dispose of unwanted medications to prevent theft or misuse by others.
- Read warning labels carefully and take only as directed.



#### ***Eat right***

Choose lean cuts of meat such as sirloin and chicken breast, or opt for plant-based products such as beans and soy.

- Shop smart – pick products that name a whole grain ingredient first on the ingredients list.
- Use fat-free or low-fat milk on cereal, and top baked potatoes with low-fat yogurt.

#### ***Exercise***

Thirty minutes of exercise a day, five days a week, can significantly improve your metabolism and prevent weight gain.

- Some occupations simply don't allow it but if you can, bike it to work.
- Use your break time to take a quick walk or climb some stairs.
- Take frequent, short breaks to stretch and get your blood flowing.