

Make Healthy Choices

A healthy lifestyle relies on a variety of foods:

- Foods that are rich in protein, whole grains, and fiber provide a balance of nutrients that are needed for optimum health.
- Choices that contain high quantities of cholesterol, sugar, salt and fats provide little nourishment and have a negative effect on the body.

Keep your portions moderate: Your personal calorie intake per day depends on your weight, age, and activities. Check with your physician for your recommended amount of calories per day and a proper workout program.



Healthy eating is not just about keeping to a strict diet or depriving yourself of the foods you love. Rather, it's about feeling great, having more energy, and keeping yourself as healthy as possible.



! Safety & Wellness Program !

KEEP IT SIMPLE. KEEP IT SAFE.

  

Safety is Everyone's Responsibility

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