

“My idea of exercise is a good brisk sit.”

~Phyllis Diller

Safety Notes



VOLUME 1, ISSUE 17

QUICK TIPS:

Boost your energy. Simple techniques like diaphragmatic breathing can give you an energy boost without having to resort to caffeine or sugar.

Easy Energy Boosts

TECH CORNER:

Monitor your progress. Buy a cheap pedometer to measure the amount of steps you take in a day. Try to increase that number by 500 every week until you reach 8,000 per day.



Exercise

The final Safety Notes in our “Healthy Heart” series focuses on exercise.

This practice is another simple, but not necessarily easy, way to improve and maintain a healthy body. While there are thousands of programs available to show you exactly how to shed weight, look better, and increase

your health, they all have a few things in common—move more, eat better, and get a good night’s sleep. Every day, your health gets a little bit better or a little bit worse. Making an effort to improve on those three staples of a healthy lifestyle, a little at a time, will ensure that you will remain on the road to success.

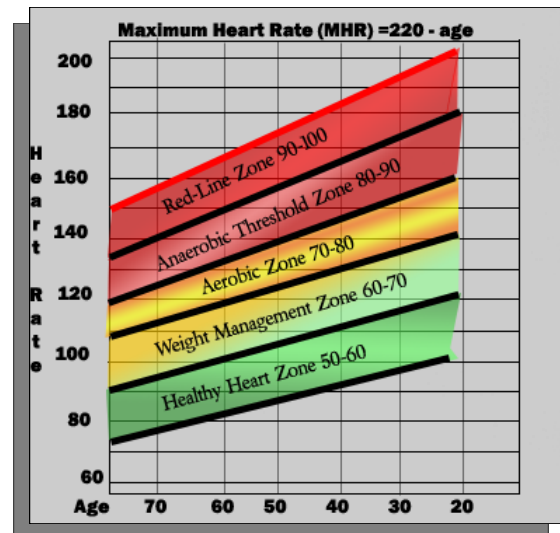


Top 10 Healthy Snacks

Getting Started

Many of us have nagging injuries or health conditions that prevent us from participating in traditional exercise activities. It is very easy to let these restrictions serve as an excuse to live a sedentary lifestyle. However, there are many different exercises and techniques that can make fitness attainable, even for those of us who have a few aches and pains. This week’s Safety Notes link will direct you to a site that shows many different “low impact” exercises that almost anyone can perform. As with all new exercise programs, you should always consult a physician prior to any new activities. Good luck!

Low Impact Exercises



Division of Risk Management
State of Florida Loss Prevention Program
StateLossPreventionProgram@myfloridacfo.com
(850)413-4756