



Blount Memorial

Business Health

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Worksite Solutions

Health and safety information provided by Blount Memorial Business Health

Think "Health"Think "**RED**"!

Red is not just for Valentine's Day or Heart Month. "RED" is also a great way to think about your overall health for a successful 2012!

Look around you. Who are the most successful people you know? How would you describe their physical conditions? Chances are they're healthy people.....they take care of themselves. And that's not a coincidence. Will you be able to find exceptions to that if you look hard enough? Of course.

But for the most part, health and success go hand-in-hand. There IS a connection between body, mind and spirit.

So, if you're really serious about personal success, work on staying fit. While there's a ton of things you can (and probably should) do to improve your physical condition, the following three - the "RED" areas - are great places to put your focus:

Rest

Make sure you get enough sleep. There's no way you can be at your best if you start your workday already tired.

Exercise

Engage in some type of physical activity (working out, walking, playing a sport, etc.) several times a week.

Diet

Eat well-balanced meals. Minimize the "garbage foods" (you know what they are) and limit your portions.

The facts are that healthy people typically are vibrant, have more energy and drive, display greater focus, experience less stress and lose fewer days due to illness. The overriding fact: Health is a competitive advantage and is another key to job (and personal) success!

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This communication does not constitute medical advice and you should always consult a qualified medical practitioner for personal medical advice on this and any other subject.