

February 24, 2025

Collect
Recycle
Innovate

National Waste
& Recycling AssociationSM

SAFETY



MONDAY

Heart Health

Maintaining heart health is crucial, especially for workers in stressful occupations and or lifestyles. Some helpful tips to remember:



Healthy Habits:

Maintaining a healthy diet includes a variety of fruits and vegetables, daily. Always consult with a doctor or nutritionist about your individual health requirements.



Stay Active:

Find an activity you love. This will encourage movement, make it more enjoyable and less task oriented.



Stress Management

Work-life balance. Schedule time in for your hobbies, passions, friends and family.

Relationships:

Engage with those that promote well-being and that impact your life positively.



Workplace wellness programs

Regular Check-up:

Stay on top of your health appointments. Book early and proactively.



Sleep:

Prioritize quality sleep to support overall health.



Hydration:

Aim for adequate hydration to maintain energy levels.



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