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TAKE THE HEAT SERIOUSLY

Hey! Employees
Eat Right !!!



EAT RIGHT

AVOID HEAVY MEALS
AVOID CAFFEINE AND ALCOHOL

{ REMEMBER: CAFFEINE AND ALCOHOL
ACT AS DIURETICS WHICH CAUSE YOUR
BODY TO LOSE WATER. }

DESIRABLE FOODS

Fruit and Veggies

(High in water content - contain vitamins and minerals to replace those depleted when you sweat heavily)

Replace depleted vitamins with bananas (for potassium), green veggies and whole grains.

FOODS TO AVOID

Heavy Calorie Laden Foods
(Generates more heat to our body)

Fatty Foods
(Are much harder to digest)

Excessive Dairy Products
(Are much harder to digest in the heat)



**A HEALTHY LIFESTYLE IS IMPORTANT TO LOWERING
THE RISK OF A HEAT RELATED DISORDER.**



Get Adequate Sleep!



Good Diet And Exercise



ORDER #GG301

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