

## Get enough rest and care for the quality of your sleep

Sleeping more than 6 hours reduces the risk of colon cancer, cardiac diseases and obesity.

- > Ensure a sleep of around 7-8 hours per day to facilitate physical and mental recuperation.
- > Avoid eating heavy foods or doing intensive exercise before going to bed.
- > Avoid taking alcohol, caffeine and stimulants two or three hours before going to bed.

## Stop smoking

The non-smoking population lives, on average, 20-25 years more than the smoking one.

- > Think about reasons and motives for quitting smoking, and choose a date on which you commit to giving up.
- > Ensure a gradual reduction of tobacco consumption so that it isn't so difficult for you.
- > Eliminate tobacco, ash trays, lighters and smoking-associated scenarios from your surroundings.

## Reduce alcohol consumption

Use alcohol responsibly.

- > Avoid drinking on an empty stomach or to quench your thirst.
- > Do not drink in high-risk situations (pregnancy, during the working day, driving a vehicle, taking medication).
- > Identify the motivations for consuming alcohol and do not drink as a release or way to escape.



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## WE KNOW.....

Promotion of Health in the Workplace

# IT'S UP TO YOU TO TAKE CARE OF YOUR HEALTH



SECRETARÍA DE ESTADO  
DE LA SEGURIDAD SOCIAL

DIRECCIÓN GENERAL  
DE ORDENACIÓN DE  
LA SEGURIDAD SOCIAL

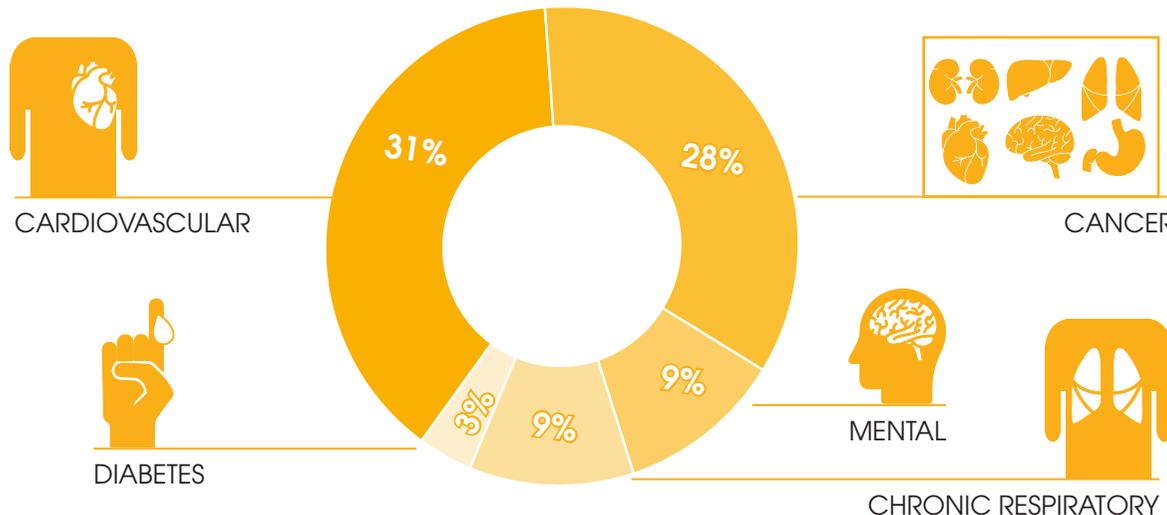
Social Security 2014 General Plan of preventive activities

**Health** is determined by biological factors, such as our lifestyle and the habits that we adopt. But external factors also exist for the individual such as socioeconomic context, health system, work conditions or place of residence, which can influence our state of health.

Among these last factors, work has a special relevance since adults spend one third of our lives working. Taking care of your health, in the workplace too, offers you a greater quality of life and well-being throughout your working day as well as in your personal life.

Adopting a **healthy lifestyle** will help to prevent diseases with high mortality rates.

**DID YOU KNOW THAT 8 IN 10 ADULTS WILL DIE FROM ONE OF THE 5 BIG GROUPS OF DISEASES?**



## Causes of disease and mortality

In the majority of cases these diseases are, in part, due to the adoption of bad habits such as:

- > Unsuitable diet.
- > Inactivity.
- > Smoking.
- > The abusive consumption of alcohol.

## Benefits of adopting a healthy lifestyle

Adopting a healthy lifestyle will bring you a series of advantages from which you can benefit, such as:

- > Improve your state of health and, consequently, quality of life.
- > Promote individual wellbeing.
- > Improve personal development by impacting positively on your self-esteem and interpersonal relationships.
- > Prevent diseases.

## What is a healthy company?

According to the OMS a healthy work environment is one in which all members of the organisation work together to protect and promote health, safety and well-being, and caring about the conditions of work.

Beyond the company's actions for promoting health in the workplace, remember that it is your responsibility to adopt the habits of a healthy lifestyle.

**Below we will offer some recommendations, so you may begin to implement improvements in your day-to-day.**

### Maintain a balanced diet

A healthy diet reduces the risk of cardiovascular disease by 30%.

- > Respect the pattern of 3 meals per day, at regular hours and avoid snacking in-between times.
- > Limit energy intake coming from foods rich in fats and sugars.
- > Increase your fruit and vegetable consumption, such as vegetables, whole grains and nuts.

### Do regular exercise

15 minutes of daily physical activity adds 3 years to your life.

- > Ensure you take regular exercise, even if it is just a few minutes.
- > Incorporate more activity into your daily routine, go up and down the stairs, get about on foot, etc., both at work and in your free time.
- > Opt for active leisure or look for sports to get involved in with friends and family.