



SAFETY TAILGATE MEETING

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| Company | EKC | Project | Jimmy Matcham | | |
| Date | September 30, 2024 | Time | 8:00 AM | Conductor | Jimmy Matcham |

HEALTH IS EVERYTHING

INTRODUCTION

We all know that taking care of our health is important, but not many people actively pursue a healthy lifestyle day in and day out. Our bodies are essentially machines and when they are not taken care of they begin to break down. This occurs naturally over time with old age, but many millions of people face health issues that are not normal to have and often accelerate the aging process or cause a premature death.

It is important for all of us to consider what our health means to us and what we can do to improve it.

In this meeting, we will discuss

(1) Health Issues in the United States

(2) Choose a Healthier Lifestyle

HEALTH ISSUES IN THE UNITED STATES

While many people believe we are healthier than ever before because life expectancies are at an all-time high, the quantity of years lived does not exactly equal quality of health. With improvements in medicine and a great understanding of the human body there should be lower cases of disease and sickness, but this is not the case.

A few alarming disease statistics in the United States:

- More than 36% of Americans are considered obese (CDC.gov)
- 29 million people in the United States have diabetes and another 89 million are considered pre-diabetic (CDC.gov)
- Heart disease is the leading cause of death in the U.S. (CDC.gov)
- There is an average of 735,000 heart attacks each year. (CDC.gov)
- Cancer claims an average of 1,630 lives every day. (Cancer.org)

These statistics are not meant to strike fear in anyone. It is just important to realize the sheer amount of disease and the suffering due to them we still experience today in our advanced society. The chance of suffering from any of the above diseases and problems is greatly reduced when you make the choice to live a healthier lifestyle. There are many small changes you can make today that can have a huge positive difference over the rest of your life.

CHOOSE A HEALTHIER LIFESTYLE

There are many different things you should or could be doing to improve your health and reduce your chance of disease. While it is impossible to mention all the different positive choices we could be making here are a few:

- Get more sleep. Most studies recommend at least seven hours.
- Stop smoking, using tobacco, or alcohol in excess.
- Eat less fast food or processed foods. Choose whole grains, vegetables, and lean cuts of meat.
- Stop drinking sugar-filled drinks and choose water instead.
- Stress less. Eliminate the stressors in your life or find productive ways to cope with them.
- Get active. Our bodies are not built to sit around!

These are just a few basic things we all can do to live a healthier life. It is easy to disregard this advice or stick to bad habits because it can be hard to make change. Bad habits can be broken. Think of someone you know who is in bad health and is very limited in what they are able to do. No one wants to live like that.

Think about the last time you had the flu and how much you appreciated how great you felt once you got over it. Well, heart attacks unlike the flu cause permanent damage and will forever affect your health for the rest of your life. Be proactive and make change today for a healthier tomorrow. If you do not have your health you have nothing.

Discussion points:

-Did you know that drinking one can of soda a day adds up to over 50lbs of sugar in a year? (source: NYC Health Dept)

-Is there anything else we could start doing today to improve our health tomorrow?

Attendees Names

Jimmy Matcham

Attendees Signatures

N/A

NOTES

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CONDUCTOR SIGNATURE

A handwritten signature in black ink, consisting of a large, stylized initial 'A' followed by a long, sweeping horizontal stroke that ends in a small upward flick.

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