

# SECURITY GUARDS

HOW TO PROVIDE A SAFE ENVIRONMENT WHILE ON DUTY



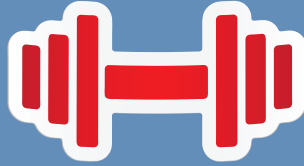
## MIND & BODY

PROVIDING A SAFE ENVIRONMENT STARTS WITH YOU

Good Nutrition



Exercise



Sufficient Rest



KEEPING MIND AND BODY SHARP  
IS KEY TO MAINTAINING A  
HIGH LEVEL OF  
ALERTNESS

### GOOD NUTRITION:

Balanced diet with fruits, vegetables, grains, protein and dairy

Stay hydrated with plenty of water and avoid beverages high in caffeine and sugar

### EXERCISE:

Maintain a healthy weight by staying active

150 minutes of moderate aerobic activity and two or more days of muscle strengthening per week

### SUFFICIENT REST:

Get at least 7 hours of sleep daily; 7-9 hours is recommended for optimum performance

Keep a regular sleep schedule; consistency is important for staying well-rested

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