

Debbie Good afternoon. My name's Debbie Green and I'm going to give you a short but hopefully _____ to working at this hospital. I'll start with some guidelines about _____ er, because a hospital environment can be stressful, and so we always encourage our staff to stay fit and have a healthy lifestyle. So ... just a few tips first. As you know, the key to good health is eating what we call 'a _____ diet'; many people don't do this, however. For one thing, they don't eat enough _____ or home-prepared food. When you feel _____, it's often too easy to grab something quick, because you're _____. Cooking a healthy meal takes longer, and this is often why people live on _____ and fast food instead. Please – don't fall into this unhealthy trap.

Of course, you have to do a little _____ and keep fit as well. I know you'll have a lot of work and may not have time to join a gym ... but consider how often you take the _____ rather than the stairs, or how often you drive rather than _____. Health wise, it may just be a question of doing things _____ rather than starting a _____

In fact, being generally active is much healthier than doing lots of exercise just occasionally. As you know, this can be as risky for your heart as being inactive! As long as you do _____ an hour's exercise _____ – and some of you will do more than that at work – you'll find that you don't lie awake at night _____ – and that's the main _____ of exercise. Remember – this is a hospital, and you are _____ to be the healthiest _____ here!

Moving on to health and safety, I want to point out that it's quite OK to take a break any time that you're not busy. We know that when there's an _____ you may have to _____ that cup of tea or coffee in the canteen or wherever you go, but generally you shouldn't work for more than _____ without a break, otherwise your _____ levels will _____ and you could then make a careless _____

Another _____ issue is _____. You're all trained to clean your _____ at work, but remember that germs can live for a _____, so please make sure that you don't leave even a small amount of _____ around ... there are brooms in the _____, so use them. We do have cleaners, but they aren't always here when you need them, I'm afraid, and a little dirt can soon build up.