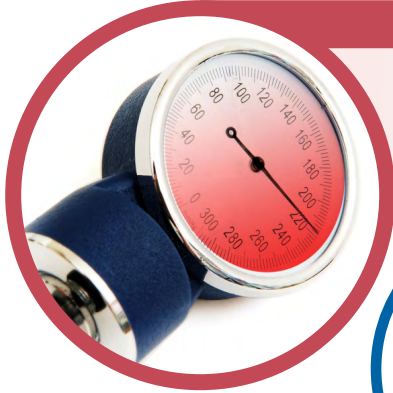


Monthly Health Challenge™

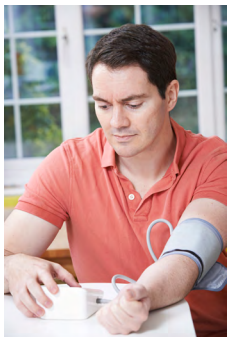
Control Your Blood Pressure



CHALLENGE
Practice healthy habits to manage blood pressure

Requirements to complete this Health Challenge™

1. Read "Control Your Blood Pressure."
2. Practice healthy habits to manage your blood pressure on at least 22 days this month.
3. Keep this practice for a lifetime of good health.



Forty-year-old Andy Jones was always on the go. With a young family and his own express delivery business in Warwick, England, he felt like he had to cut corners to keep up. So he started grabbing fast food for a bite to eat, instead of making better food choices. He gained weight and wasn't very active. But he still felt like he was in pretty good health.

Then one day, he knocked on someone's door to make a delivery. And without warning, he felt dizzy and fell down. With all the salty foods, weight gain, lack of exercise, and other bad habits, Andy's blood pressure was so high it was dangerous. And he didn't even know it. He had a stroke, and it took months to recover.

"I wish I had known I had high blood pressure," says Andy. "I would have done something about it and would have probably prevented the stroke."

High blood pressure is bad for your heart, and your health. And it's a problem for a lot of people. But it doesn't have to be. Healthy habits can help you manage your blood pressure. Take the month-long health challenge to *Control Your Blood Pressure*.

How much do you know about blood pressure and your health? Take this quiz to find out:

T F

1. An ideal blood pressure reading is less than 120/80.
2. High blood pressure is called "the silent killer" because there are usually no symptoms.
3. Eating foods high in potassium and low in sodium can help control blood pressure.
4. You shouldn't exercise if you have high blood pressure.
5. High blood pressure can harm your heart, kidneys, eyes, blood vessels, and brain.

Check your answers. How did you do? In most cases, healthy habits can help you control blood pressure. Your weight, food choices, exercise habits, sleep patterns, alcohol use, and other factors can all have an impact on it. When that's not enough, medicine can help.

1. True. 2. True. 3. True. 4. False. 5. True.

The Problem with High Blood Pressure

Worldwide, 40 percent of all adults aged 25 and older have high blood pressure. You or someone you know has it. It costs billions each year for health care, medicine, and missed days at work. And it's been linked to serious health problems like strokes, heart failure, and kidney disease.

How's Your Blood Pressure?

An ideal blood pressure is less than 120/80. If yours is 120/80 to 139/89, it's too high. If it's in this range, you have what's called pre-hypertension. At this stage, making changes to your habits can help. Eat better. Move more. Get better sleep. It's a bigger problem if your blood pressure is 140/90 or higher. This is hypertension. You may need medicine and habit changes to control blood pressure.

Blood Pressure	Systolic mm HG (upper#)		Diastolic mm HG (lower#)
Normal	Less than 120	and	Less than 80
Prehypertension	120-139	or	80-89
High Blood Pressure (Hypertension) Stage 1	140-159	or	90-99
High Blood Pressure (Hypertension) Stage 2	160 or higher	or	100 or higher
Hypertensive Crisis (Emergency care needed)	Higher than 180	or	Higher than 110



Blood pressure reading on a wrist cuff gauge. Is it this reading high? or normal?

10 Ways to Control Blood Pressure

If you have high blood pressure, you can do something about it. Studies show that lifestyle changes can make a difference. It might not be easy, but it's worth it when your health depends on it. Here are some things you can do:

1. Manage your weight.

If you need to lose a few pounds, your diet and exercise habits can help. A healthy weight will reduce your risk for high blood pressure.

Check your weight
tinyurl.com/z2wplbo

2. Cut back on salt. Too much salt and sodium can raise your blood pressure. Processed foods are a big source of excess sodium for a lot of people. Eat more healthy foods. And avoid or limit things like fast food, microwave meals, and processed meals. Limit your sodium intake to 1,500 mg a day.

Get the scoop on sodium
tinyurl.com/ouq8n2k

3. Be active. Aim for 30 to 60 minutes of exercise a day. Take a walk. Ride a bike. Use your treadmill. Or take a class at the gym. Exercise will help control blood pressure. It will also help lower your risk for heart disease, cancer, and diabetes.

4. Avoid or limit alcohol. Even a little alcohol can raise your blood pressure and risk for other diseases. So drink grape juice instead. Studies show that drinking Concord juice each

day lowers blood pressure.

If you do drink, follow these guidelines. No more than one drink per day for women, zero if pregnant. No more than two drinks per day for men.

5. Get enough potassium. Eating foods high in potassium can help control blood pressure. You need about 4,700 mg a day for best health. Try sweet potatoes, bananas, prune juice, pinto beans, and beet greens.

6. Eat a healthy diet. Choose fruits, vegetables, whole grains, nuts, low-fat dairy products, and foods that have healthy fats. Studies show that an eating plan like the DASH Diet or the Mediterranean Diet can be good for blood pressure and heart health. Aim for 8 to 10 servings of fruits and vegetables daily.

7. Get 7 to 8 hours of sleep a night. Good sleep habits can help control blood pressure. Adults need 7 to 8 hours daily. If you're not

Eat potassium-rich foods
tinyurl.com/hxxh1kq

Follow the Dash Diet
tinyurl.com/mdbhw7w

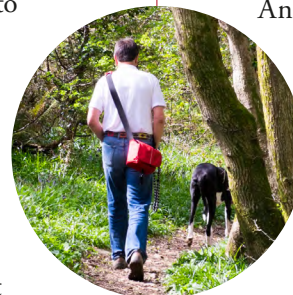
getting enough sleep, take a closer look at your bedtime routine. Eating late at night, watching TV in bed, or using a mobile device in bed can disrupt sleep.

8. Don't smoke, or quit if you do. Every time you inhale smoke from a cigarette, your blood vessels constrict and your blood pressure rises. The only helpful approach is to be tobacco free. You should also avoid secondhand smoke.

9. Take medicine, if needed. Some things raise your risk of high blood pressure, like age, family history, and race. When healthy habits can't control your blood pressure, you might need medicine. Follow your doctor's advice.

10. Manage stress in healthy ways.

Anger and stress can lead to high blood pressure. Meditation, yoga, and exercise can help. Laughter, a hot bath, massage therapy, or enjoying a hobby can help, too.



Sources: American Heart Association.; BioFactors. 22(1-4):145-7.; Centers for Disease Control and Prevention.; Institute of Medicine.; Journal of the American Medical Association.; National Health Service.; National Heart, Lung, and Blood Institute.; National Institutes of Health.; World Health Organization.

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Practice healthy habits to manage blood pressure

Instructions

1. Post this calendar where you will see it daily (bathroom, kitchen, bedroom, etc.).
2. Record the number of days you practice healthy habits to control blood pressure.
3. Use the calendar to record the actions and choices you make controlling your blood pressure a regular part of your life.
4. At the end of the month, total the number of days you practiced healthy habits to control your blood pressure. You must do this on at least 22 days this month to complete this challenge. Then keep up the practice for a lifetime of best health.

MONTH:							HC = Health Challenge™ ex. min. = exercise minutes
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	Weight & weekly summary
HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	
HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	
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_____ Number of days this month I practiced habits to control blood pressure

_____ Number of days this month I got 30+ minutes of physical activity

Other wellness projects completed this month:

Name _____ Date _____



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