

02 Take Care of Your Heart Month

HEALTHY TIP SHEET - FEBRUARY



Want More Information?

Visit www.BlueHealthAdvantageNE.com for additional health and wellness information and to take the Monthly Health Challenge – Control Your Blood Pressure.

Steps to a Healthy Blood Pressure

- 1 Body Weight** – One of the most important things you can do to reduce your risk of hypertension (high blood pressure) is to maintain a healthy body weight.
- 2 Salt Intake** – Reducing the amount of salt (sodium) you consume can help prevent high blood pressure especially if you are salt sensitive.
- 3 Physical Activity** – If you aren't physically active, get out there and start moving! Aim for 30 to 60 minutes of moderate activity on most – preferably all – days of the week.
- 4 Alcohol** – More than one drink (for women) or two (for men) per day can increase your risk of various chronic diseases. Cut back on your alcohol consumption if necessary.
- 5 Food** – Choose fruits, vegetables, whole grains, nuts, low-fat dairy products and low-saturated fat foods. Aim for eight to ten servings of fruits and vegetables daily.
- 6 Emotions** – Anger and stress can lead to high blood pressure. Learn how to manage, reduce and diffuse your anger and stress.
- 7 Rest** – Getting seven to eight hours of sleep daily, along with finding time for relaxation and fun, is linked to a longer life.
- 8 Smoking** – Every time you inhale smoke from a cigarette, your blood vessels constrict and your blood pressure rises. Stop smoking!

Source: Wellsource, Inc.

The information contained in this flyer has been carefully reviewed for accuracy. It is not intended to replace the advice of your physician or health care provider.



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