

Wellness Tidbits



HIGH BLOOD PRESSURE

Blood pressure is the force of blood against the walls of the arteries in the body. Hypertension, also known as high blood pressure, occurs when this force is greater than it should be. Because high blood pressure usually has no symptoms, it is important to have it measured by a health care provider and treated if necessary. Hypertension is the leading cause of death in the U.S.

Small Steps to Take Control

- *Eat Healthy Foods* — eat foods low in sodium and saturated fat
- *Move More* — get at least 2 ½ hours of physical activity a week
- *Aim for a Healthy Weight* — losing 3-5% of your body weight can improve blood pressure
- *Manage Stress* — minimize stress if possible
- *Stop Smoking* — the chemicals in tobacco smoke can harm your heart and blood vessels



Resources: <https://www.nhlbi.nih.gov/health-topics/all-publications-and-resources/healthy-blood-pressure-healthy-hearts-small-steps-take>

Join the Monthly TSHBP Fitbit® Challenge!

How to Play

- 1) Read the article above.
- 2) Click the button on the right to answer
- 3) A winner will be chosen randomly from correct responses

Question

Fill in the Blank:

High blood pressure is also known as _____.

**ANSWER FITBIT®
CHALLENGE HERE!**

