

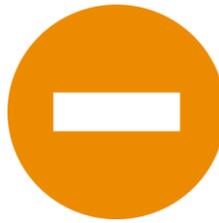
Keep Your Heart Healthy

What Do Your Blood Pressure Results Mean?



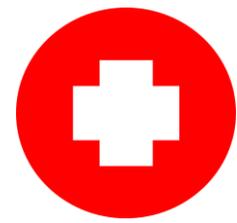
Less than 120/80 to 129/84

Great! Focus on maintaining these results through a healthy lifestyle.



130/85 to 139/89

Time for improvement. Try some of our strategies below.



140/90 and above

Take these results to your doctor for further follow-up.

Strategies to Help Improve Blood Pressure



Stop Smoking

Smoking can increase your risk of developing heart disease by:

- Raising blood pressure
- Lowering HDL (good) cholesterol levels
- Injuring the blood vessels and increasing the risk of blood clots which can result in heart attack or stroke
- Stressing your heart and reducing the amount of oxygen it receives which increases your risk of heart attack

Talk to your doctor or your health promotion coordinator about some strategies to help you stop smoking.



De-stress

High levels of stress can increase blood pressure and your risk of heart disease. De-stress by trying one or more of the following stress management techniques.

- Practice positive self-talk
- Perform deep-breathing (inhale 4, hold 7, exhale 8 seconds)
- Do an activity you truly enjoy (reading, dancing, taking a bath, etc.)
- Talk to your support network (family, trusted friends, etc.)

Aim to practice at least one or more stress reduction activity per day.

Keep Your Heart Healthy



Exercise

Regular exercise can help:

- Raise HDL (good) cholesterol
- Decrease LDL (bad) cholesterol
- Lower triglycerides (fat in the blood)
- Decrease inflammation
- Control blood sugar
- Lower blood pressure for 22 hours!

Aim for 150 minutes per week. (*That's less than 20 minutes per day!*)

Make sure to speak with your doctor before beginning an exercise program.

Consume more heart healthy foods which contain **less salt, more potassium and healthy fats.**



Eat Healthy

- Avocados (1/2 per day)
- Raw Garlic (2-3 cloves per day)
- Raw Red Onion (1/2 per day)
- Nuts and Seeds (1/4 cup per day)
- Tomatoes (1 per day)
- Fish (1-2 servings per week)
- Olive Oil (2-4 tbsp per day)

Aim to eat at least one of these heart healthy foods daily.

Spinach Raspberry Salad



Ingredients:

- 1 cup raspberries
- 1/3 cup balsamic vinegar
- 2/3 cup extra virgin olive oil
- 3 cups spinach
- 1 avocado, sliced or cubed
- 1 large sweet potato, peeled and cubed
- 1 tbsp coconut oil
- 1/2 cup walnuts, chopped
- 1 hardboiled egg, cubed (optional)

Directions:

1. To make dressing: combine raspberries, balsamic vinegar, and olive oil in a blender. Mix until smooth
2. Preheat oven to 400 F. Line baking sheet with foil. Coat sweet potato with coconut oil and bake for 30 minutes, or until tender with fork. Cool for 5 minutes
3. While sweet potatoes are baking, prepare salad. Using a large salad bowl, add spinach and avocado. Toss with dressing.
4. Top the salad with sweet potatoes, egg and walnuts.