

WE CARE ABOUT YOUR HEALTH

HELPFUL THINGS TO REMEMBER

We realize you may not be interested in any programs or services at this time but wanted to make you aware of things you can do until we contact you again. Remember that making small changes every day can lead up to big changes in your overall health.

MANAGE BLOOD PRESSURE

- **BLOOD PRESSURE** is the force of blood pushing against blood vessel walls. Sometimes the pressure is too high, causing a condition known as **HIGH** blood pressure.
- **STRESS** and **POOR DIET** have been linked to high blood pressure.
- **KNOW YOUR NUMBERS.** Be sure to track your blood pressure online through **CHECK.CHANGE. CONTROL.®**

-SIGN UP online at www.ccctracker.com

-ENTER this code: **WMHPI**

-Once you enter the code you will have access to enter your blood pressure online

-**GOAL:** Enter **2** blood pressure readings **WEEKLY** for up to **4 WEEKS**

MANAGE CHOLESTEROL

- **CHOLESTEROL** is a fatty substance that is made by your body. You can also find it in foods that come from animals (meat, eggs, cheese).
- **POOR DIET** have been linked to high cholesterol.
- **KNOW YOUR NUMBERS.** Be sure to get your cholesterol checked at your doctors office or at a local health department.



KNOW Your Numbers

BLOOD PRESSURE
LESS THAN **120/80** mmHg



TOTAL CHOLESTEROL
LESS THAN **200** mg/dL



BLOOD SUGAR
LESS THAN **100** mg/dL



BODY MASS INDEX (BMI)
BETWEEN **18.5-25**



WAIST LESS THAN
35" FOR WOMEN **40"** FOR MEN



BODY MASS INDEX

- Get **150 MINUTES** of **ACTIVITY** each **WEEK.**
- **REGULAR** activity helps improve your overall health.
- **BEING ACTIVE** can help keep your thinking, learning, and judgment skills **SHARP** as you age.
- **BEING ACTIVE** may help you **SLEEP** better.
- **NOT** smoking or using tobacco products is **ONE** of the **BEST** things you can do for your health.
- The Nebraska Tobacco Quitline can help **YOU** quit. **CALL 1-800-QUIT-NOW** to receive **FREE** and confidential, 24/7 access to counseling and support services.

BLOOD SUGAR

- **BALANCE YOUR CALORIES** - to find your calorie level go to: www.choosemyplate.gov
- Eat **MORE** vegetables, fruits, whole grains, and fat-free or 1% milk and dairy products.
- **CUT BACK** on foods high in solid fats, added sugars and salt (cakes, cookies, ice cream, sweetened drinks).
- **LOWER** your sodium (salt) in the foods you eat.
- Drink **WATER** instead of sugary drinks.

WAIST CIRCUMFERENCE

- Maintain a **HEALTHY** weight.
- Learning to balance healthy **EATING** and **PHYSICAL ACTIVITY** can help you lose weight and keep it off.