



November 2020

Penny Fahey

FC Wellness Program

307-714-2380

Fremontcounty.wellness@gmail.com

www.fremontcountywellness.com

B.P. Awareness Challenge October 19-December 11

Learn more at fremontcountywellness.com, **Blood Pressure Awareness** tab.

Blood Pressure Awareness and Cholesterol

Both cholesterol and blood pressure can have an impact on heart health, separately and together. Together: when your cholesterol is high, it indicates that you have plaque build-up on the inside of your arteries. When you send high blood pressure through the arteries, there is a chance some of that build-up will break free, turn into a blood clot and lodge itself inside an artery of your heart (i.e., heart attack), or brain (i.e., stroke). It is no different than using high pressure water hose to clean out the inside of a pipe, only instead of the build-up going out of the pipe and onto the ground, the clump of plaque becomes a blood clot inside your arteries.

By itself, the plaque build-up from high cholesterol decreases the space in which blood can flow through the artery, even with normal blood pressure. The walls of the arteries have the ability to tighten and constrict, which is important when doing physical activity. If the plaque build-up has blocked almost the entire artery, and the artery constricts, it cuts off the blood flow. This is common when there is plaque build up in the artery of the heart. When the vessel constricts and blood flow is cut off, not unlike the blood flow being blocked by a clot, it can cause a heart attack or massive chest pain from angina.

To prevent either outcome from blood pressure and high cholesterol, doctors will prescribe medications such as statins for cholesterol, in addition to blood pressure medications if necessary. If tests show a major blockage of an artery, or arteries, in the heart (coronary artery), stents are inserted or a bypass is performed to open up the artery walls to increase blood flow. The good news is there is a lot you can do to prevent taking prescriptions or receiving other medical treatments if your cholesterol or blood pressure is high:

1. Cut down on saturated fats found in meat, dairy, and oils such as coconut and palm (fun fact: coconut oil has more saturated fat than butter– but which one is considered 'bad' for you? Watch for more information on the healthy and unhealthy fats in our next program after the holidays). For meats, focus on poultry, fish, and lean game while limiting red meat, and watch your portion sizes since weight loss is also very beneficial.
2. Eat more fiber rich foods like whole grains (have a bowl of oatmeal for breakfast) and a lot of colorful vegetables and fruits. Sorry, cherry pie does not count as a fiber filled fruit serving, which brings up another tip:
3. Cut out the junk food. While you can have an occasional holiday cookie or slice of pie without too much impact on your health, regularly stopping off at McDonald's, Papa Murphy's, or Taco Johns for a quick and easy meal can.
4. Physical activity is very important for strengthening the heart and the walls of the arteries, as well as lowering blood pressure and cholesterol. If your cholesterol and/or blood pressure are high, avoid the high intensity programs like Crossfit or running sprints, and focus on activities that increase your heart rate gradually. Exercise for 30-45 minutes each day (although if you only have time for 20 minutes, any amount is beneficial. Just get going!).
5. Finally, a by-product of stress is a constant, although maybe slight, constriction of the blood vessels. Participating in stress relieving activities, such as Tai Chi, can also positively impact heart health. Join us for online Tai Chi through Zoom on Mondays and Wednesdays 12-12:30p. Look for the Panda Bear on the wellness website for that day's class.

NAME: _____ DEPT.: _____

1. WATCH THE BLOOD PRESSURE BASICS VIDEO

Circle the Answer: True or False: Your pulse rate can tell you if your blood pressure is high.

2. LOG YOUR BLOOD PRESSURE 12 TIMES

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

3. COMPLETE AT LEAST 3 ACTIVITIES:

- Read 7 Myths About Blood Pressure
Circle The Answer: Yes or No: Sea salt is a healthier for blood pressure than table salt.
- Take the Sodium Smarts Quiz
Circle The Answer: Which food item had more sodium: potato salad or mashed potatoes?
- Attend a CPR Class
Date & Location of Class: _____ Instructor: _____
- Try a 30 Minute Online Tai Chi Class taking place on Mondays and Wednesdays at Noon.
(Click the Panda for that day's class posted on the Home Page, fremontcountywellness.com)
Date of Class: _____
- Watch the American Heart Association's video, *How To Manage High Cholesterol*
Circle the Answer: True or False: To improve good (HDL) cholesterol, exercise regularly.

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INSTRUCTIONS

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COMPLETE THE CHALLENGE GAME BOARD TO PARTICIPATE IN THE BLOOD PRESSURE CHALLENGE

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BUT YOU ARE WELCOME TO LOG PHYSICAL ACTIVITY TOO FOR YOUR INCENTIVE DURING THE CHALLENGE

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	1	2	3	4	5