

The Numbers Game... Understanding your Blood Pressure

- Blood pressure is typically recorded as two numbers written as a ratio.
- The top number is the systolic pressure which measures the pressure in the arteries when the heart beats.
- The bottom number is the diastolic pressure which measures the pressure in the arteries between heartbeats.
- In general, aim for a blood pressure of < 140/90.
- If your blood pressure is above 140/90, you may have hypertension. If it is not controlled, high blood pressure can cause:
 - Stroke
 - Heart failure
 - Heart attack
 - Eye problems
 - Kidney problems

Most people with high blood pressure feel healthy and don't have symptoms. It is important to see your health care provider to repeat your blood pressure (within the next 2-4 weeks) and determine if treatment is necessary.

Your Stats

| | |
|--------------------|--|
| Participant ID No. | |
| Weight (Weigh-in) | |
| Weight (Weigh-out) | |
| BP (Weigh-in) | |
| BP (Weigh-out) | |



Your CAMPAIGN Coordinator

Questions about your office's CAMPAIGN?
Contact:

**ENTER IN NAME, PHONE, AND/OR
EMAIL ADDRESS**

Our Partners

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The principle purpose of the **Federal Executive Board** is to strengthen and coordinate the activities of government operations. WellFeds is proud to be part of FEB.

Visit our Chicago FEB at www.facebook.com/pages/Chicago-Federal-Executive-Board/114923437355

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Learn more about **Federal Occupational Health (FOH)** nurses, clinics, and the integrated health, wellness, and work/life balance program, *FedStrive*. FOH registered nurses are a great all-year-round on-site resource for a variety of health services.

Learn more about *FedStrive* and find an FOH near you! www.foh.hhs.gov

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Overseen by the Surgeon General, the **U.S. Public Health Service Commissioned Corps** is a diverse team of more than 6,500 highly qualified, public health professionals.

Learn more at www.usphs.gov



Maintaining your weight this holiday season...



...Let's get started!

- What is the **WellFeds MAINTAIN CAMPAIGN**?
- Framing your mindset for success
- Understanding your blood pressure numbers
- Tips and other resources from MyPlate.gov
- Our partners:
Federal Executive Board & Federal Occupational Health

What is the MAINTAIN CAMPAIGN?

- The WellFeds MAINTAIN CAMPAIGN is a healthy lifestyle initiative that aims to help participants eat and exercise mindfully during the holiday season (Thanksgiving to the New Year).

- By weighing-in today, you've taken the first step to prevent that dreaded holiday season weight gain!



- Over the next few weeks, you'll receive weekly motivational emails to address many of the issues that lead to holiday weight gain, like finding the motivation to exercise when the temperature drops and choosing healthier options at social gatherings.
- While the CAMPAIGN'S short-term goal is to help you think more carefully about your dietary and activity choices during the holidays, the long-term goal is to help you be more mindful about your choices overall for enhanced health, well-being, and quality of life.

Get Your Head in the Game!

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- **Having the right mindset is key to weight maintenance.** 'Tis the season to be thankful for what we have—including yourself! *Give yourself a pat on the back for weighing-in today!* You're already on track by making mindful, healthy decisions and treat your body well.
- **Moderation, moderation, moderation!** Enough with starving all day just to eat your body weight in turkey and stuffing at dinner. *Stop feeling guilty about eating the foods you look forward to all year!* One slice of pie won't kill you, but two at every meal for several consecutive weeks might.
- **Keep in mind the finish line.** Your body will thank you in return when 2015 arrives and your New Year's resolution doesn't become "lose the ten pounds I gained during the holidays." This creates space for *new and improved resolutions* and the self-confidence to stick to them!
- **Who's your support system?** Whether it's family, friends, or colleagues, *find people who encourage, support, and even actively participate in your goals.* Find a walking or gym partner, take your family to an apple orchard, take dance lessons with friends in time for all those holiday parties. These are all fun ways to stay active and stay on track for weight maintenance.

Tips, Recipes, and Resources from MyPlate.gov

HEALTHY EATING TIPS!

- Make half your plate fruits and vegetables.
- Make at least half your grains whole grains.
- Switch to fat-free or low-fat (1%) milk.
- Compare sodium in packaged foods like soup, bread, and frozen meals and choose the foods with lower numbers.
- Drink water instead of sugary drinks.
- Enjoy your food, but eat less by avoiding oversized portions.



ACTIVITY TIPS!

- Fit your activity into a daily routine, such as taking a brisk 10 minute walk to and from the parking lot or your Metra/CTA stop.
- Make sure to do at least 10 minutes of activity at a time, shorter bursts of activity will not have the same health benefits.
- Mix it up and keep it interesting by trying something different on alternate days. *Every little bit adds up and doing something is better than doing nothing!*

Find excellent recipes, fun activities, and helpful weight management tips at

www.ChooseMyPlate.gov

Stay tuned for our weekly emails with tips and resources!

BEST WISHES, HAVE FUN, AND HAPPY HOLIDAYS!