

# I choose to control my blood pressure

I choose to change!

Here are things I can choose to do:

- Eat fruits and vegetables instead of junk food.
- Eat more whole grain foods.
- Drink low-fat milk or eat low-fat yogurt every day.
- Eat my food without adding extra salt.
- Exercise 30 minutes every day.
- Not smoke.
- Take a vitamin D pill every day.



Special Olympics  
**Health Promotion**



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## Personal Health Card

Today we measured three things that tell about your health:

1. How much body fat you have **(BMI)**
2. How strong your bones are **(BMD)**
3. Your blood pressure **(BP)**

### Your BMI is:

- You are at a healthy weight.
- Your weight is not healthy.  
Show this card to your doctor.

### Your BP is:

- Your blood pressure is normal
- Your blood pressure is too high. Show this card to your doctor.

### Your BMD score is:

- Your bones are healthy.
- Your bones need to be stronger. Show this card to your doctor.

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