

# TIPS FOR HEALTHY BLOOD PRESSURE

## TALK TO YOUR DOCTOR ABOUT YOUR BLOOD PRESSURE



- Get regular medical check-ups
- Discuss ways to keep your blood pressure healthy
- Follow your doctor's advice
- Take medicine if your doctor prescribes it



## KNOW YOUR BLOOD PRESSURE NUMBERS



- Measure your blood pressure often
- 120/80 or lower are healthy numbers
- Track your numbers to see if the changes you've made are working

 Normal	 At Risk	 High
120/80 or less	120-139 80-89	140/90 or more

## MOVE MORE AND SIT LESS EVERY DAY

- Get 30 minutes of brisk activity most days
- Enjoy sports, dance or yoga classes, biking and walking
- Regular activity helps manage blood pressure, weight and builds strong muscles and bones



Get plenty of sound sleep



Reduce stress



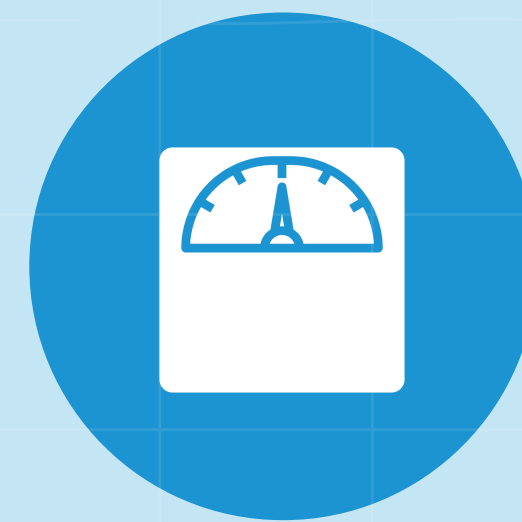
Take your medicine



Be more active



Avoid tobacco, and alcohol



Maintain a healthy weight



Follow a healthy meal plan



Track your blood pressure



Get regular check-ups

## MANAGE YOUR STRESS

- Make sure to get good, restful sleep
- Avoid tobacco and alcohol
- Practice relaxation
- Learn deep breathing

## WHAT YOU EAT CAN MAKE A BIG DIFFERENCE

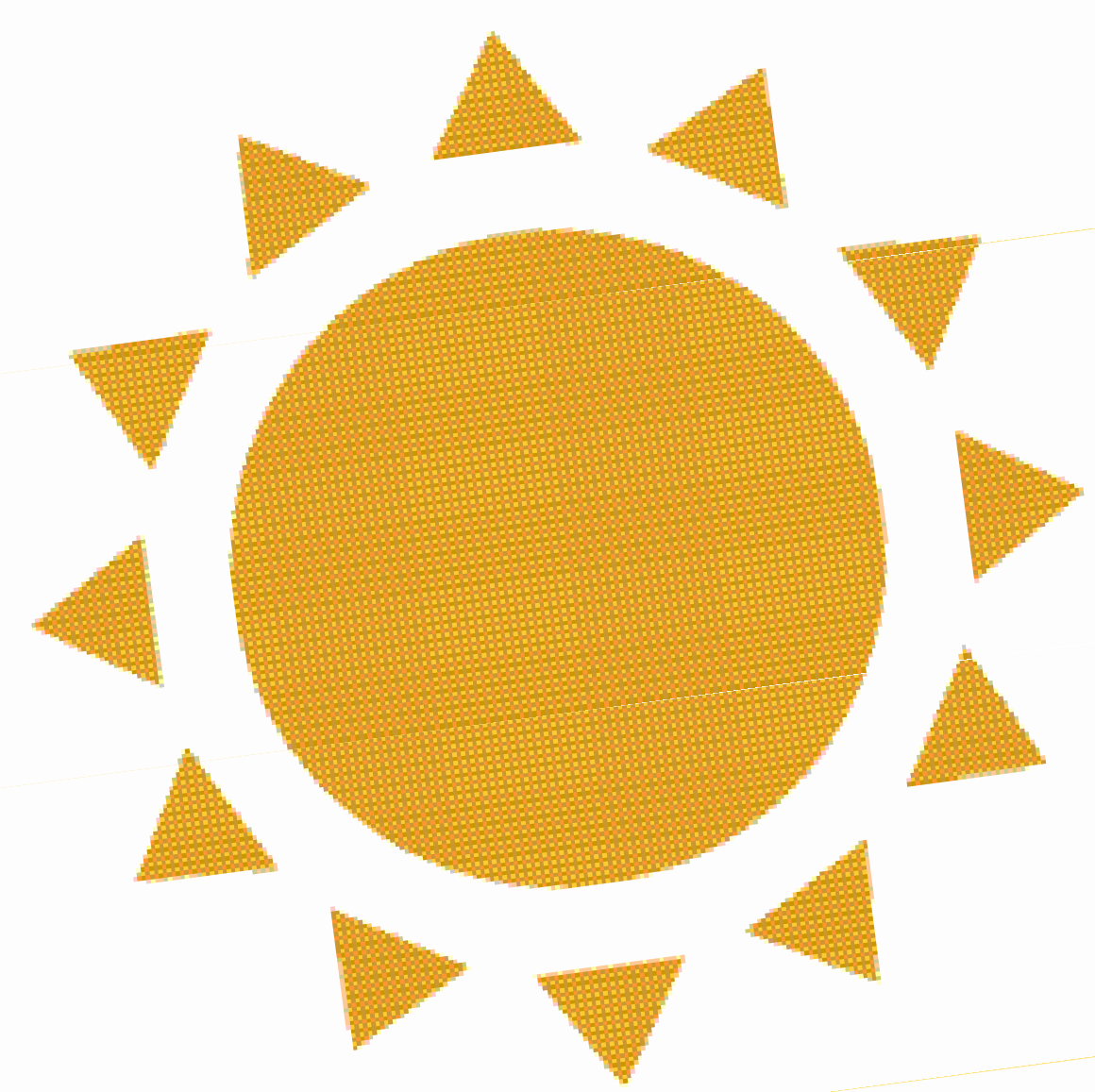


### Choose foods that make you healthy

- Eat a variety of fruits and vegetables each day as part of a healthy eating pattern
- Include full fat dairy foods or fortified dairy alternatives with no added sugars as part of your meals
- Choose a variety of protein foods at meals, including meat, poultry, seafood, eggs, beans, lentils, nuts, seeds, and soy

### Avoid foods that can increase blood pressure

- Try to eat less fast food and packaged snacks. These foods often have too much sugar and salt.



# SUN SAFETY

**MY GOAL:**  
Be safe in the sun

## SUN SAFETY IS IMPORTANT

because it protects us from...

- Skin Damage
- Skin Cancer
- Heat Stroke
- Heat Exhaustion



## SUNLIGHT IS



the main source of  
**VITAMIN D**

IT ALSO



the main cause of  
**SKIN CANCER**

- Our bodies need Vitamin D. We produce it mainly from sunlight. How much sun we need varies.
- Enjoying the sun safely and avoiding sunburn should help you get a good balance.
- Too much UV from the sun or tanning beds raises the risk of skin cancer.

## USE A LAYERED APPROACH FOR SUN PROTECTION



Sunscreen must be re-applied every 2 hours after swimming, sweating or toweling off.



Wear a hat, sunglasses and protective clothing to shield skin and eyes.



Use broad spectrum sunscreen with at least SPF 15 to protect exposed skin.



Seek shade, especially during midday hours.

## THINGS TO LOOK FOR IN A SUNSCREEN



### WATER RESISTANT

For up to 40 or 80 minutes. Sunscreens are not waterproof or sweat proof and need to be reapplied.

### SPF 15 OR HIGHER

This tells you how well a sunscreen protects you from a sunburn.

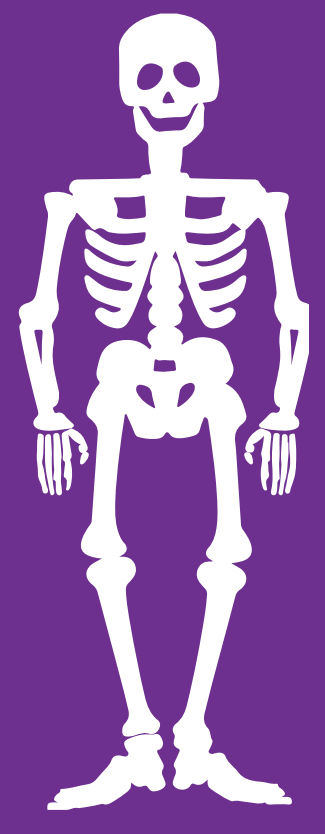
### BROAD SPECTRUM

Means a sunscreen protects the skin from ultraviolet A (UVA) and ultraviolet B (UVB) rays.

## ENJOY THE OUTDOORS

Being physically active outside is healthy and can help prevent conditions like obesity. But it's important to be sun smart when playing and working outdoors.



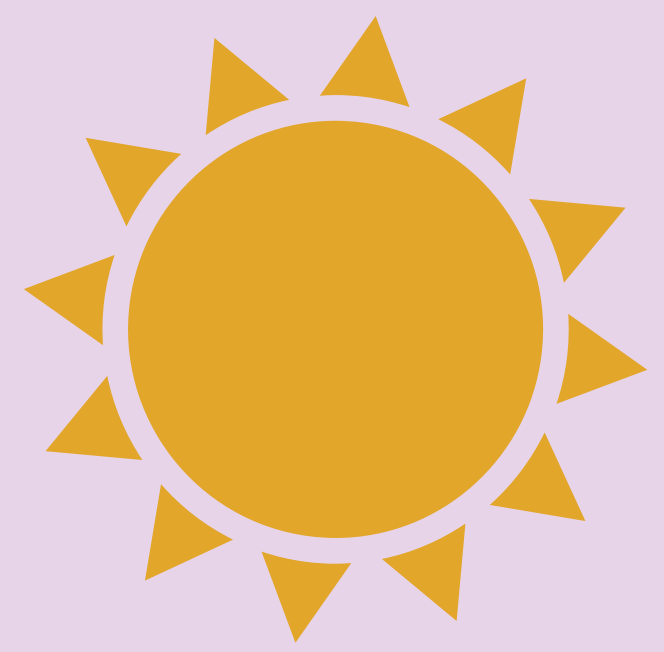


# LET'S HAVE STRONG BONES

**MY GOAL:**  
Keeping my bones strong for my sports and life



## MAKE SURE YOU GET THE RIGHT VITAMINS



Getting vitamin D from the sun, some foods & supplements helps keep your bones strong.

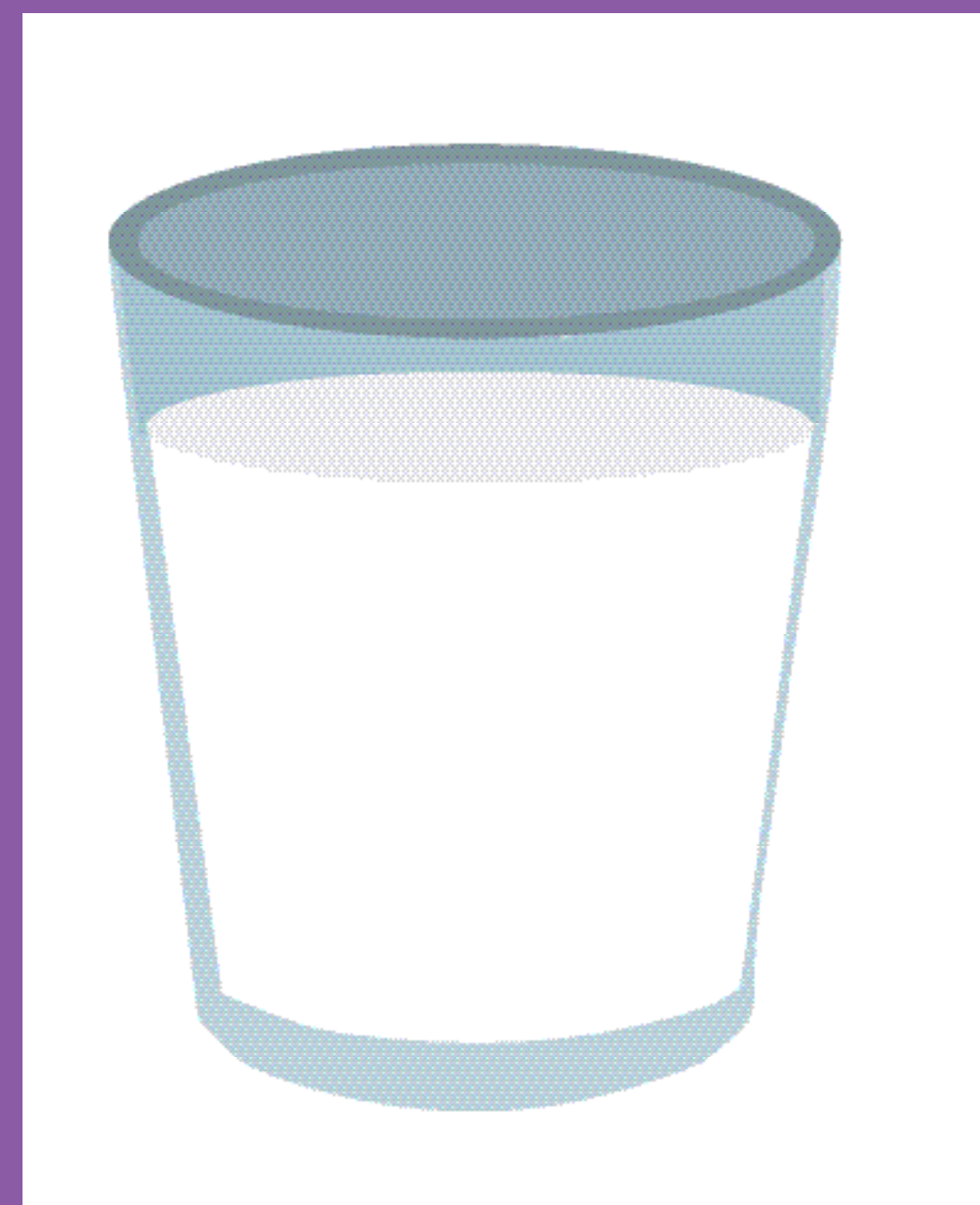
Some individuals may benefit from supplements such as calcium or vitamin D. A healthcare provider can help determine your needs.



Talk with your doctor about a vitamin D test and which vitamins you may need to take.



## CHOOSE DRINKS AND FOODS THAT STRENGTHEN YOUR BONES



FULL FAT COW'S MILK



MILK ALTERNATIVES WITH NO ADDED SUGAR



Dark Leafy Green Vegetables

Fortified Cereals

Beans, Legumes, and Pulses

Cheese

Yogurt with no added sugar

Small Fish (e.g., sardines)

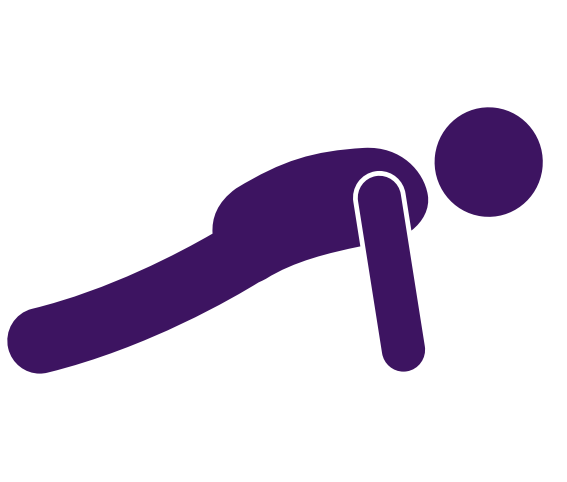
Fortified Orange Juice

## PRACTICE SPORTS REGULARLY

The more you practice and play your sport, the stronger your bones become.



### WHAT TYPE OF EXERCISE HELPS BONES?



Weightbearing and Strength Training

## CHOOSE NOT TO SMOKE OR DRINK

Tobacco and alcohol can hurt your bones and make them break easier





# HANDWASHING

**MY GOAL:**  
Have clean hands and  
prevent spread of germs



## HAND WASHING IS IMPORTANT BECAUSE...

- Regularly washing your hands with soap and water can protect you from illnesses caused by viruses and bacteria
- It is the best way to stop germs from spreading



## 6 EASY STEPS TO CLEAN HANDS



WET YOUR HANDS



APPLY SOAP



WASH YOUR HANDS FOR 20 SECONDS

Don't forget to scrub between your fingers, under your nails, and the top of your hands



RINSE WELL



DRY YOUR HANDS



TURN OFF WATER WITH PAPER TOWEL

## WHEN TO WASH YOUR HANDS

- After using the toilet
- Before preparing, touching, or eating food
- After playing with animals
- After your sports practice
- After coughing, sneezing, or blowing your nose or mouth

## HOW DO I KNOW IF I WASHED MY HANDS FOR 20 SECONDS?

Sing Happy Birthday to yourself twice

**OR**

Sing the alphabet song to yourself





# HYDRATION

## MY GOAL:

Drink enough water throughout the day to stay hydrated



Special Olympics  
**Health**

MADE POSSIBLE BY **Golisano** FOUNDATION

## WHY HYDRATION IS IMPORTANT

- Your body needs water to keep it working properly
- You lose water every day when you go to the bathroom, sweat and even when you breathe
- You need to replace the water you lose so you stay healthy, hydrated and perform at your best

## WATER FUEL FOR HEALTH AND SPORT PERFORMANCE

- Goal is to drink 5 bottles of water every day
- Your bottle should be 16-20 oz. or 500-600 ml



**TIP:** Drink out of a sports water bottle—they are refillable and can hold the right amount of water

## BEST TIME TO DRINK WATER



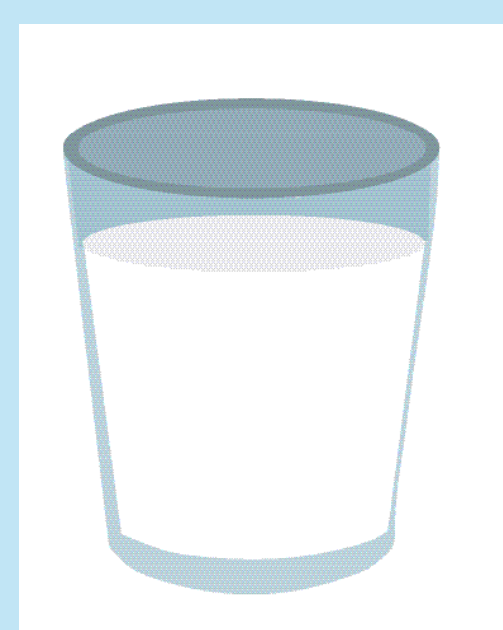
Drink water at each meal and snack during the day.

- Morning meal
- Mid morning
- Noon meal
- Mid afternoon
- Evening meal

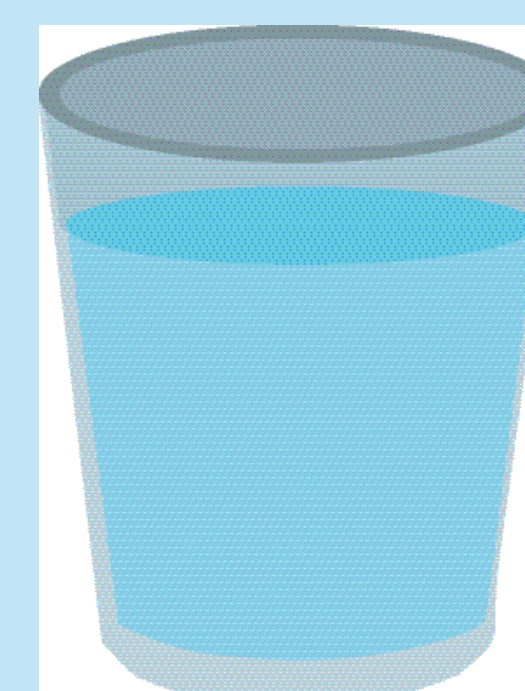
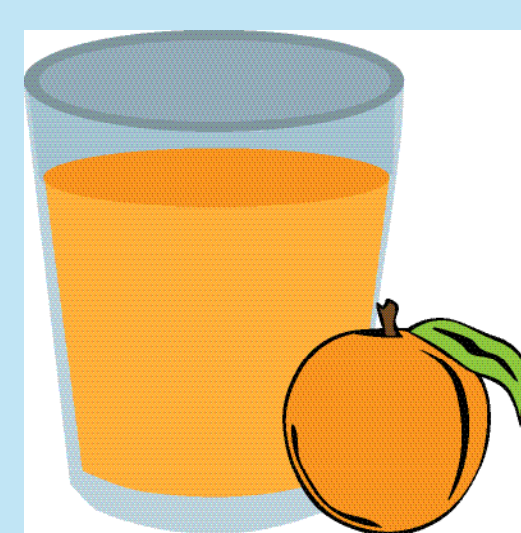
Drink at least 1 bottle of water during sports.

- During practice or exercise
- Before practice or exercise
- After practice or exercise

## HEALTHY BEVERAGE OPTIONS



Milk and limited amounts of 100% fruit juice can fit into a healthy eating pattern.



**Water is the best choice for hydration!**

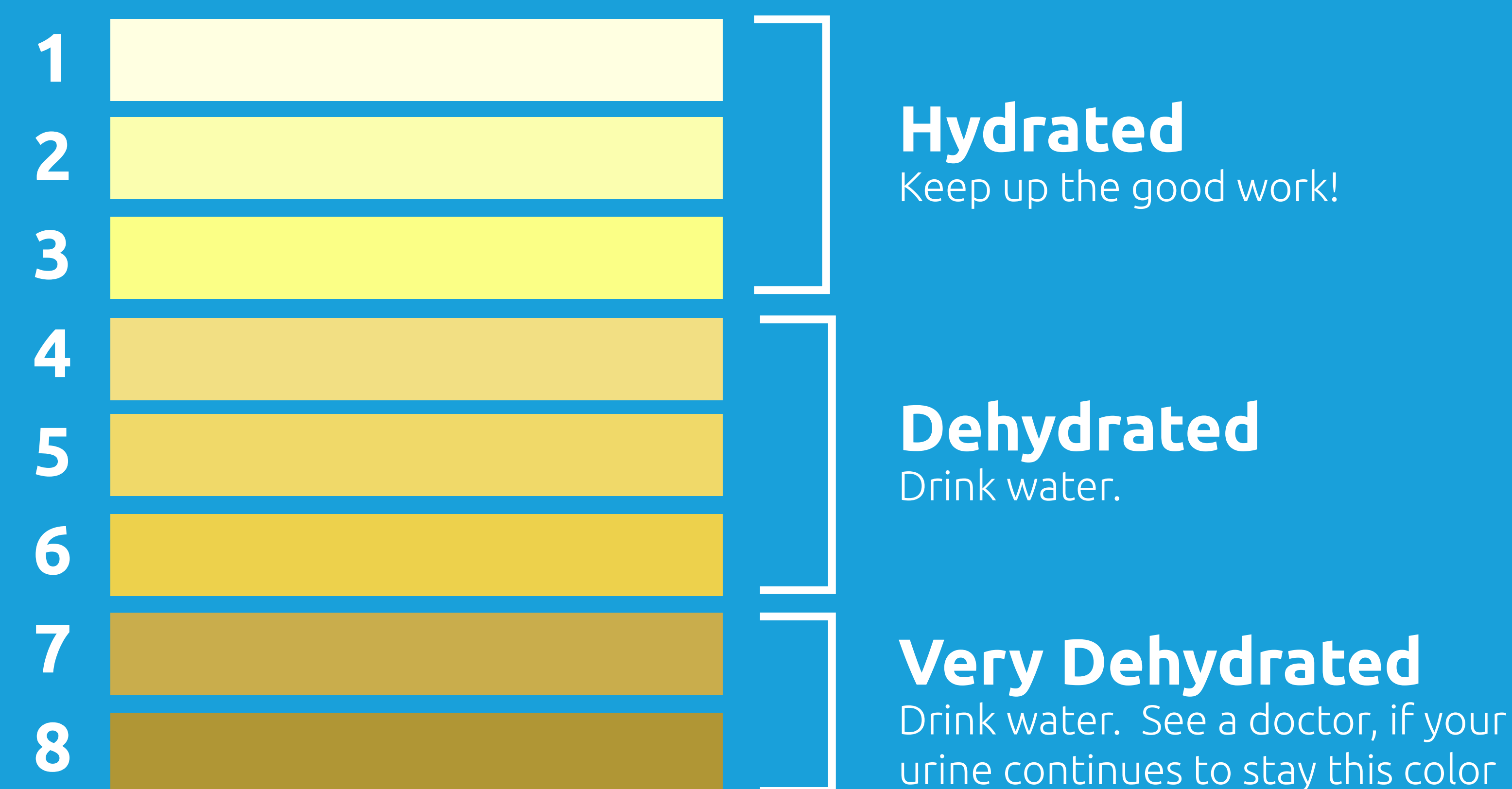
## SIGNS OF DEHYDRATION

- You feel thirsty
- You are tired or sluggish
- You have a headache
- Your mouth is dry
- Your urine is dark yellow or brown

**Drink water right away, slow down and cool off**

## URINE CHART

How to tell if you are hydrated





# FRUITS AND VEGETABLES

## MY GOAL:

Eat fruits and vegetables throughout the day as part of a healthy eating pattern.



## FRUITS AND VEGETABLES ARE IMPORTANT BECAUSE...

- They give your body important vitamins, minerals and energy needed for good health.
- Provide energy for your sport
- They are colorful and taste good
- You can grow at school, home or in your community

**TIP:** Fresh, local and in season fruits and vegetable are the best!

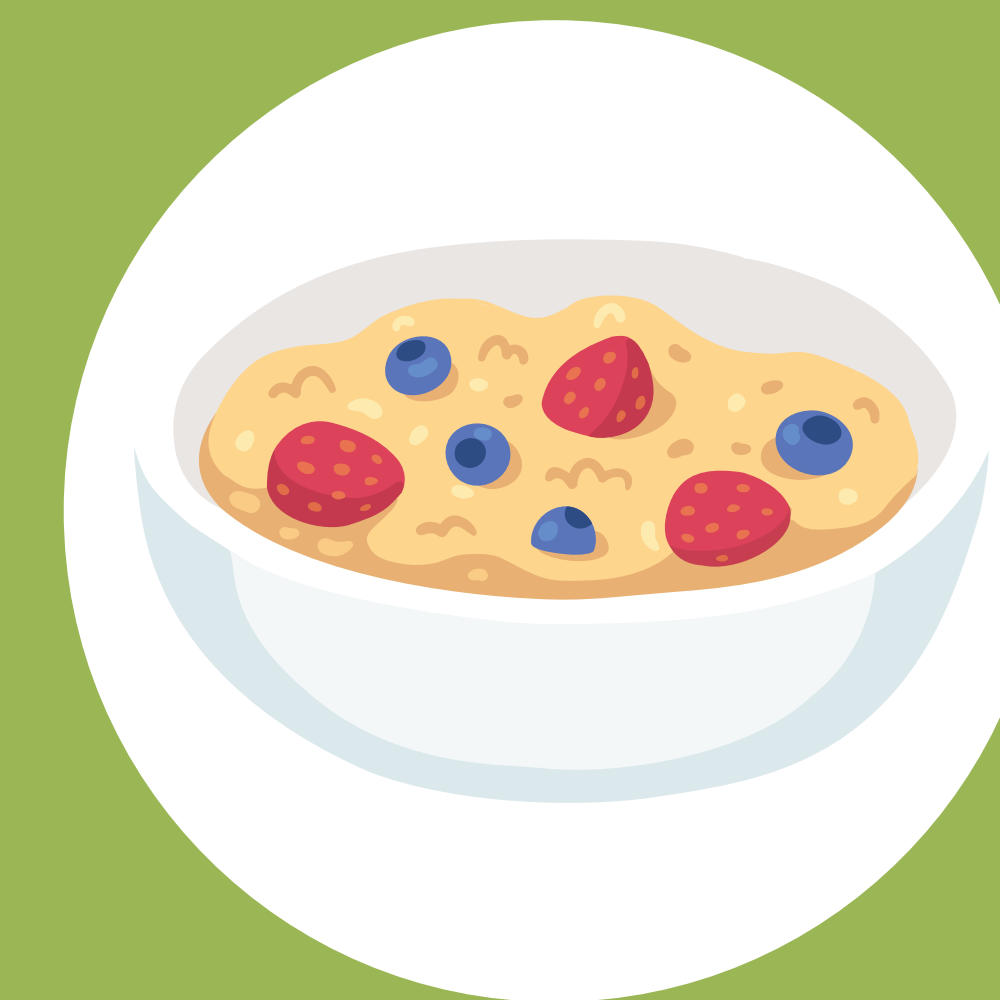
## IT'S EASY AT SPORTS TIME

- Bring cut-up vegetables or fruit or a quick healthy snack to your practice
- For crunchy foods, try apple slices, small carrots, celery sticks, or snap peas
- Don't forget to bring fruits and vegetables to eat when traveling to your competitions

## IT'S EASY EVERY DAY



Build your plate with a variety of foods, including fruits and vegetables



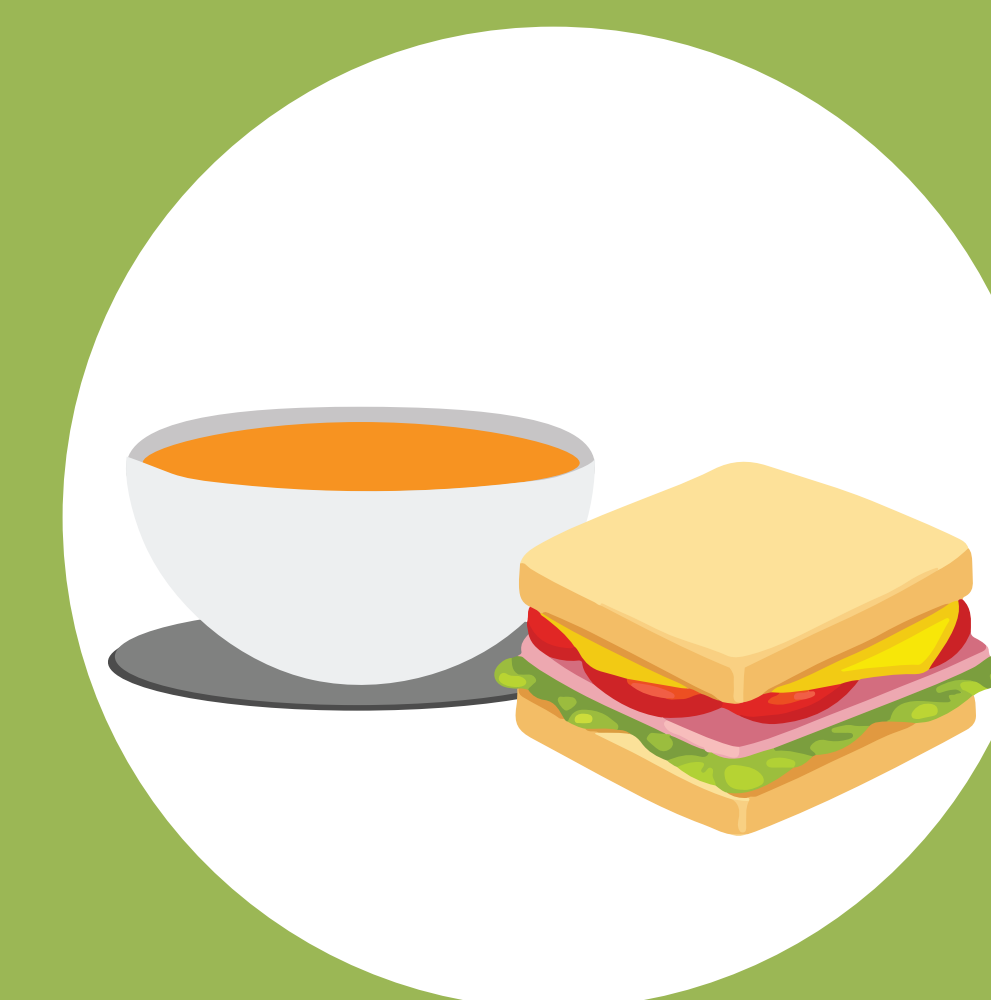
Include fruit at breakfast



Include a salad for lunch and dinner



Eat a rainbow of colors



Add vegetable to soups, broth and sandwiches and other foods



Plant a vegetable or fruit garden at home or in your community

**TRACK YOUR DAILY 5 FRUITS AND VEGETABLES IN YOUR FIT 5 TRACKING TOOL**



# PHYSICAL ACTIVITY

## MY GOAL:

Become a better athlete and healthier by enjoying physical activity outside of my sports practice



### GETTING STARTED

- List the reasons you want to get active
- Write down active things you like to do
- Pick something you will want to stick with
- Find some buddies to exercise with
- Schedule regular time to do it
- Start slowly, start small

### PICK ACTIVITIES THAT IMPROVE YOUR...



PHYSICAL ACTIVITY IS ANYTHING YOU DO THAT MAKES YOU MOVE. IT'S EASY TO FIT PHYSICAL ACTIVITY INTO YOUR EVERYDAY

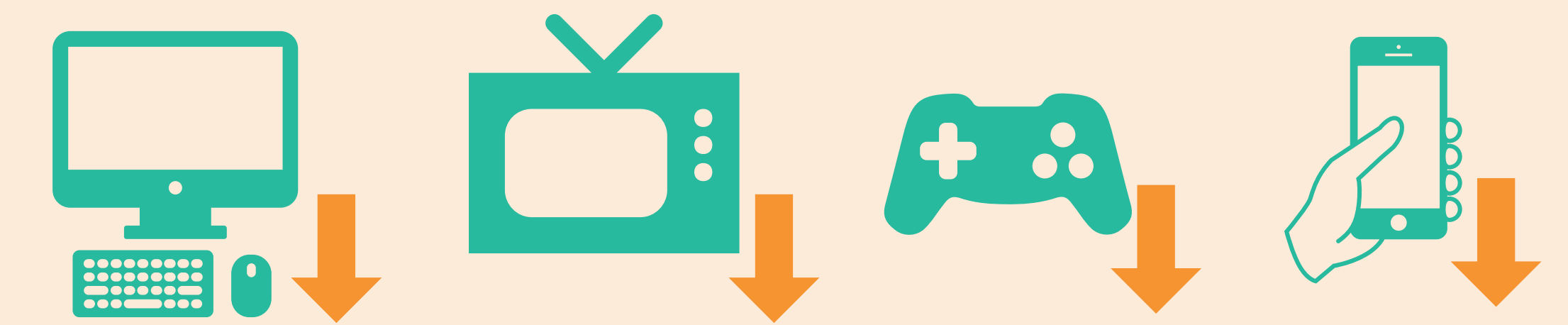
What do you like to do to be more active?



Remember to stay hydrated when you exercise.

### LIMIT YOUR SITTING AND SCREEN TIME

Move more, sit less, everyday!



### BEING MORE ACTIVE MAKES US HEALTHIER





# TOBACCO AVOIDANCE AND CESSATION

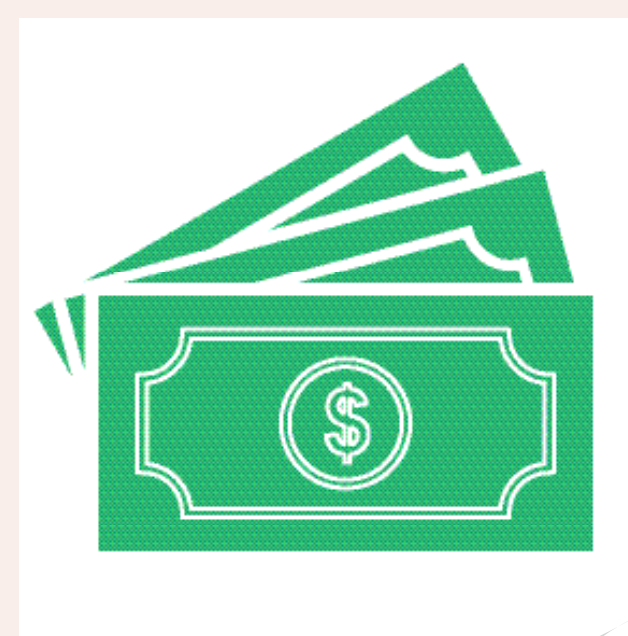
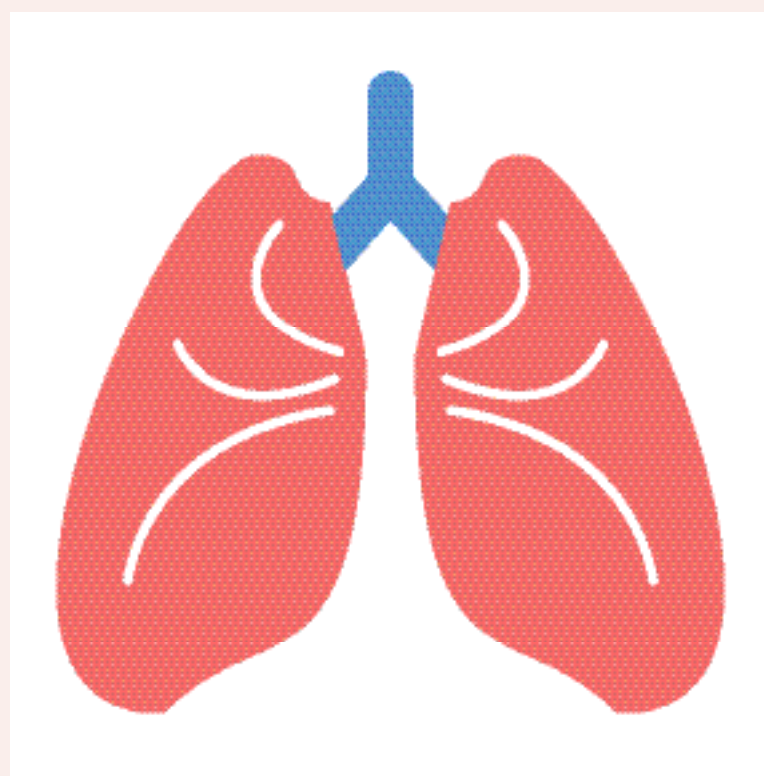
## MY GOAL:

Choose sports, avoid tobacco and secondhand smoke



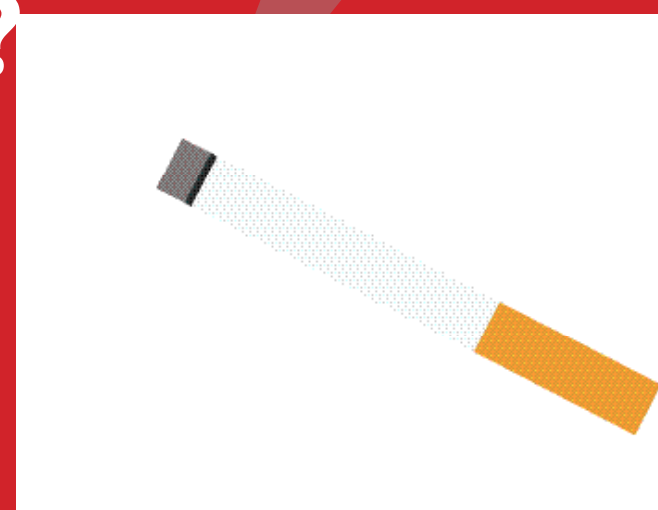
### WHY TOBACCO AVOIDANCE IS IMPORTANT

- People who don't use tobacco, or quit using it have more oxygen in their body. This helps you perform your best!
- Tobacco and smokeless tobacco use or exposure increases your risk for: heart and lung disease, cancer, tooth loss, bone fracture and more
- Tobacco use is an expensive habit – use your money for things that make you healthier like healthy foods, activities and your sports.
- Breathing in secondhand smoke is also harmful to your health

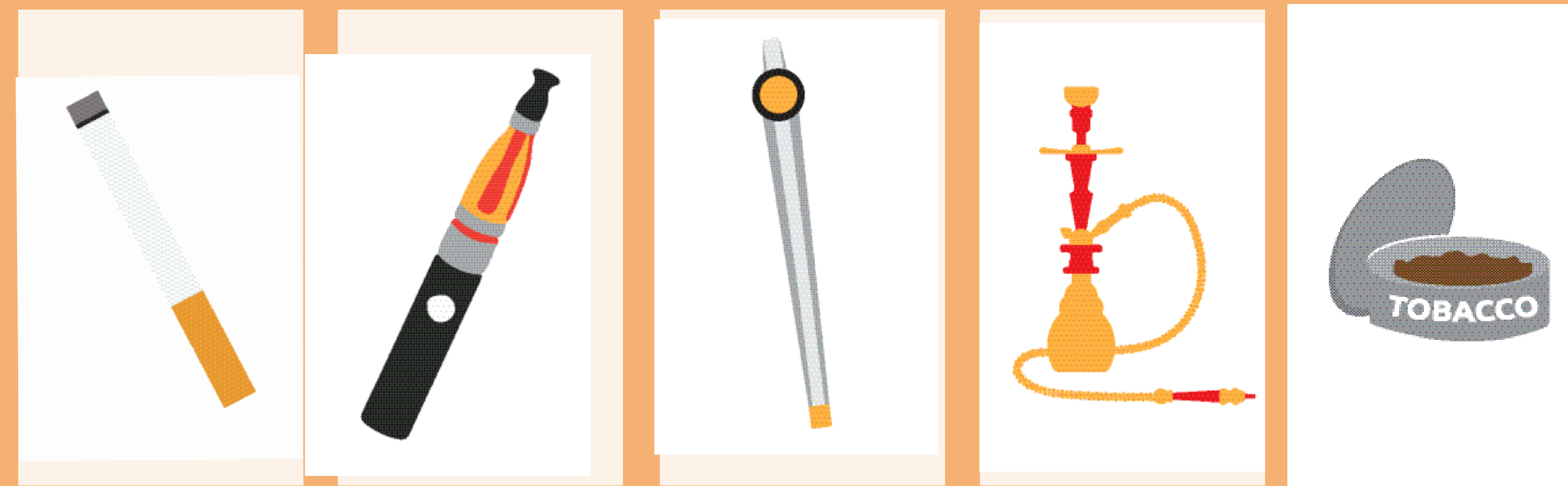


#### What is Secondhand Smoke?

- Smoke from a cigarette or tobacco product
- Smoke breathed out by a smoker



### AVOID TOBACCO IN ALL FORMS



Avoid cigarettes, e-cigarettes, vaping, chew, and all tobacco products.

### STRATEGIES FOR AVOIDING SECONDHAND SMOKE

- Decide to have a smoke free home and car
- Choose to go to places that are smoke-free or leave the room
- Say "I am an athlete and fresh air helps me perform my best" so can you stop smoking or go elsewhere
- Take a walk or call a friend to do something outside
- Support friends and family as they quit smoking

### CHOOSE SPORTS, NOT TOBACCO

#### Here are things I can choose to do:

- If I do not use tobacco, I choose not to start
- If I smoke, I will ask to my doctor to help me quit
- If I chew tobacco, I will ask my doctor to help me quit
- If I smoke or chew tobacco, I will ask my friends and family to support me to quit

### IF YOU AVOID TOBACCO, YOU CAN PERFORM BETTER AND...



Run and walk faster and farther

Play your sport and be active longer