

# 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



## WHAT YOU EAT CAN MAKE A BIG DIFFERENCE

### Choose foods that make you healthy

- Get 5 fruits and veggies daily
- Get 3 servings of low-fat dairy daily
- Eat meat, chicken, fish and beans with no added salt
- Take a vitamin D pill daily

### Avoid foods that can increase blood pressure

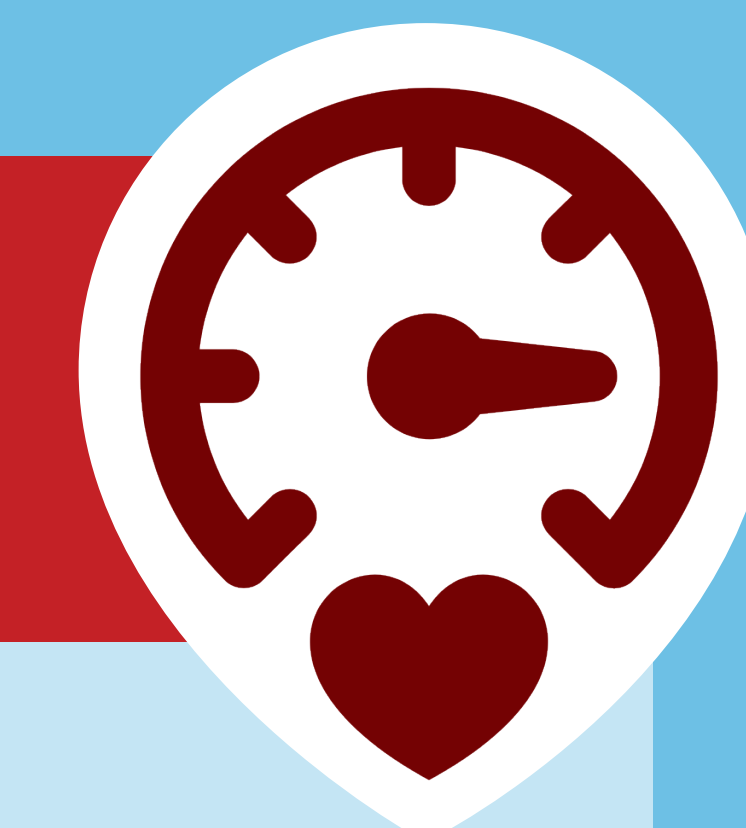
- Avoid junk and processed foods and fast foods
- Avoid foods and drinks with added sugar
- Avoid salty snacks, cured meats, and salty seasonings



## MANAGE YOUR STRESS

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

## 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

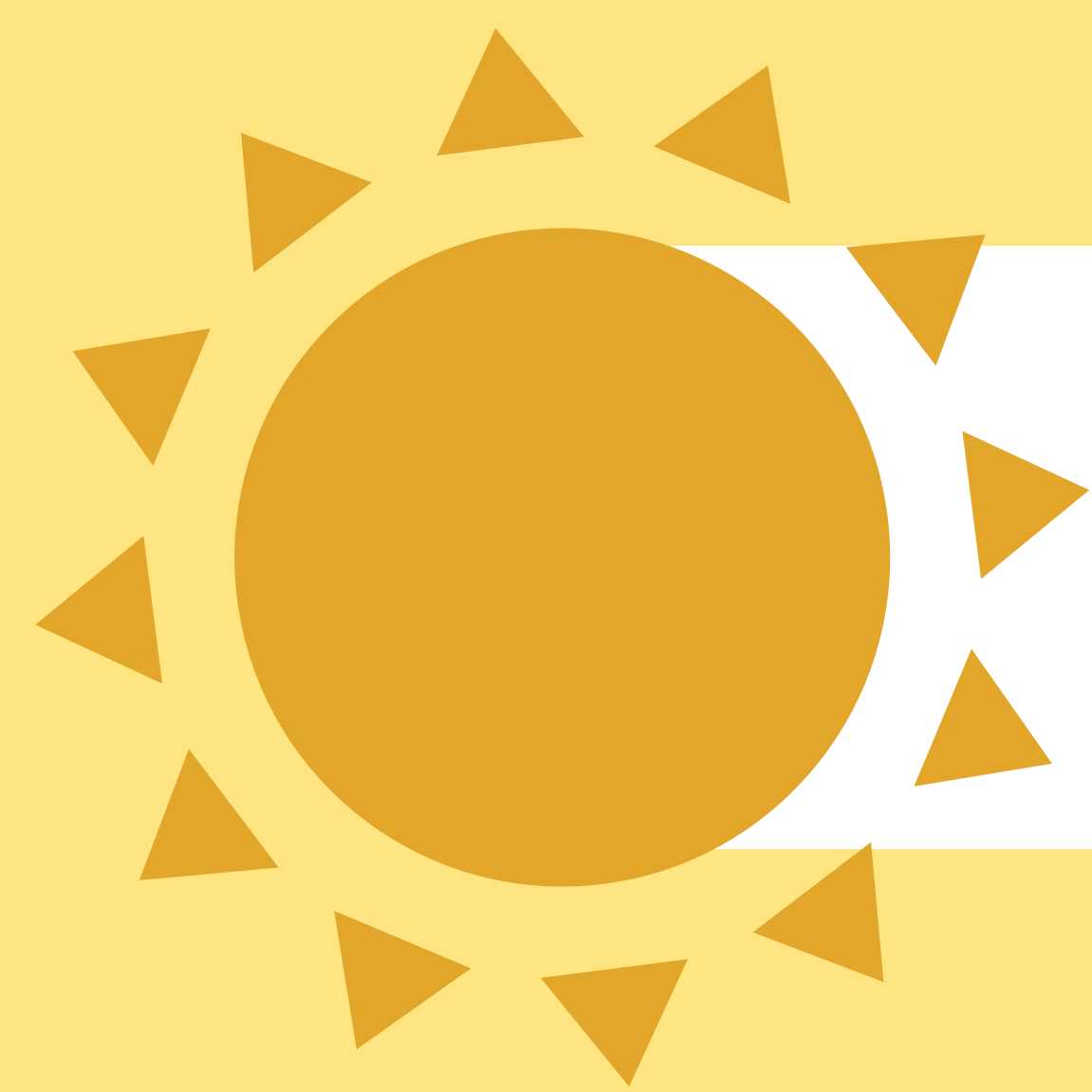
		
Normal	At Risk	High
120/80 or less	120-139 80-89	140/90 or more

## 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







# SUN SAFETY

**MY GOAL:**  
Be Safe in the Sun



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## 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**

**BUT 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

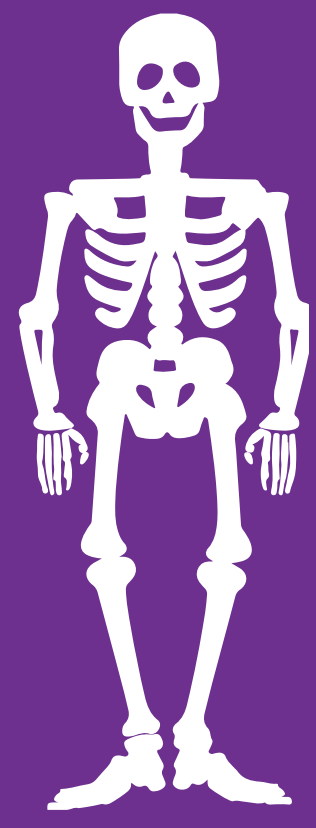
Means a sunscreen protects the skin from ultraviolet A (UVA) and ultraviolet B (UVB) rays.

## 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.





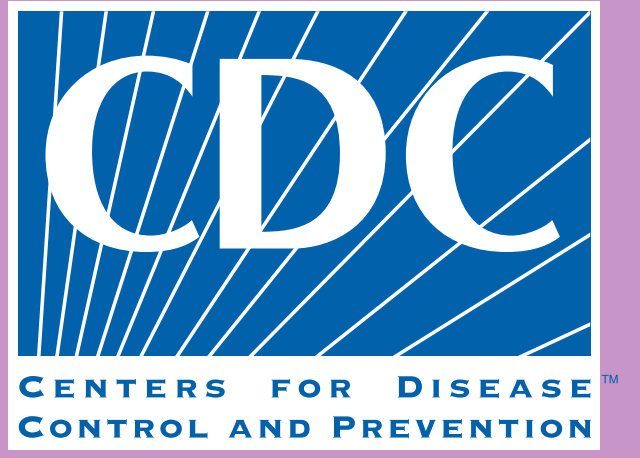


# LET'S HAVE STRONG BONES

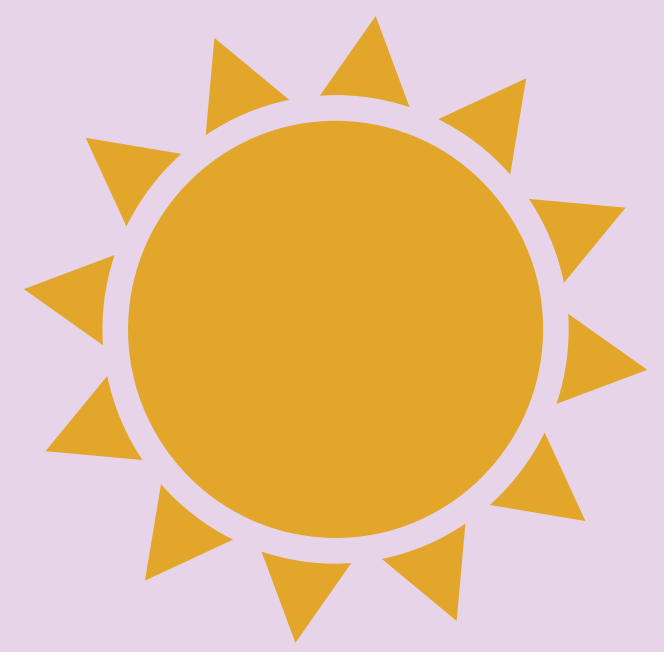
**MY GOAL:**  
Keeping my Bones  
Strong for my Sports  
and Life



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## MAKE SURE YOU GET THE RIGHT VITAMINS



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

Many people need to take a multi-vitamin pill, calcium pill and vitamin D daily.



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



COW MILK



SOME MILK ALTERNATIVES



Dark Leafy Green Vegetables

Yogurt and Cheese

Fortified Cereals

Small Fish (e.g., sardines)

Beans, Legumes, and Pulses

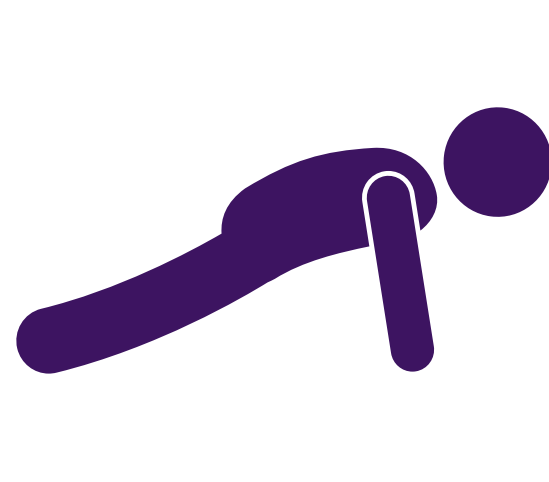
Fortified Orange Juice

## 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



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## 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



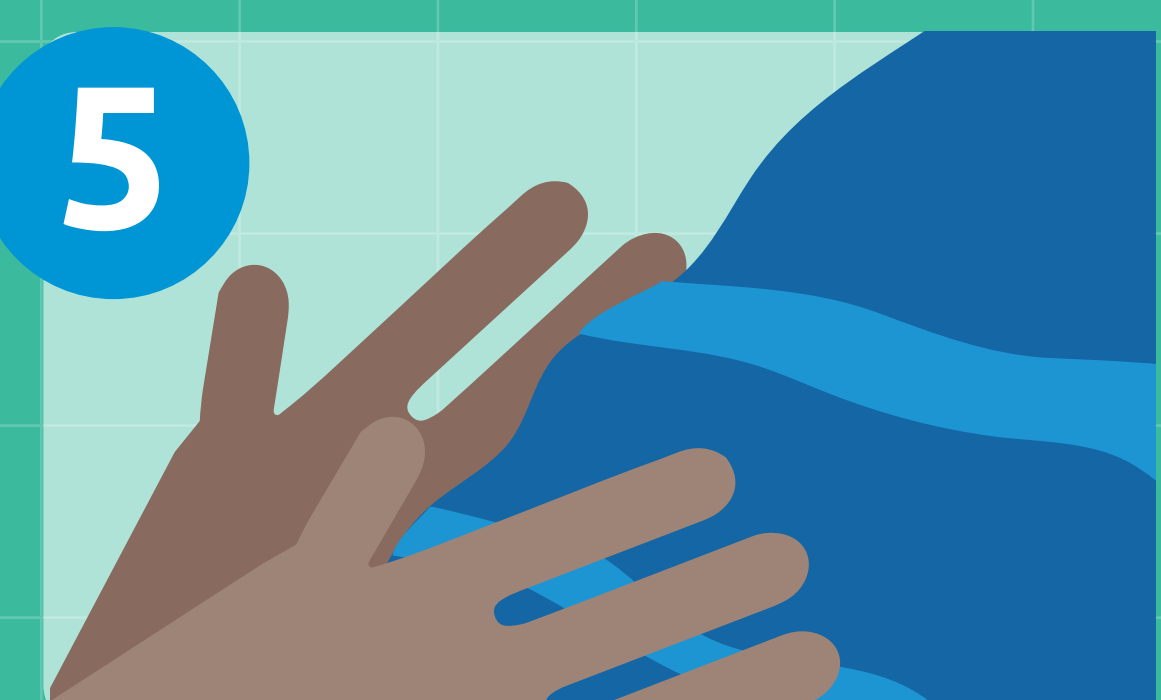
APPLY SOAP



WASH YOUR  
HANDS FOR 20  
SECONDS



RINSE WELL



DRY YOUR HANDS



TURN OFF WATER  
WITH PAPER TOWEL

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

## 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



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## 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



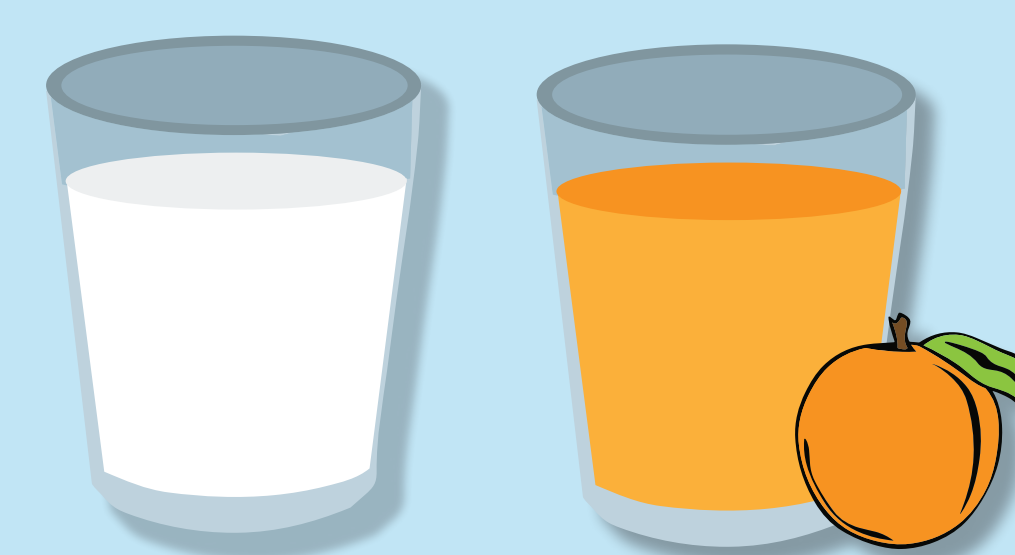
Drink water at each meal and snack during the day.

- 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



Drink low-fat milk and small amounts of 100% juice



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

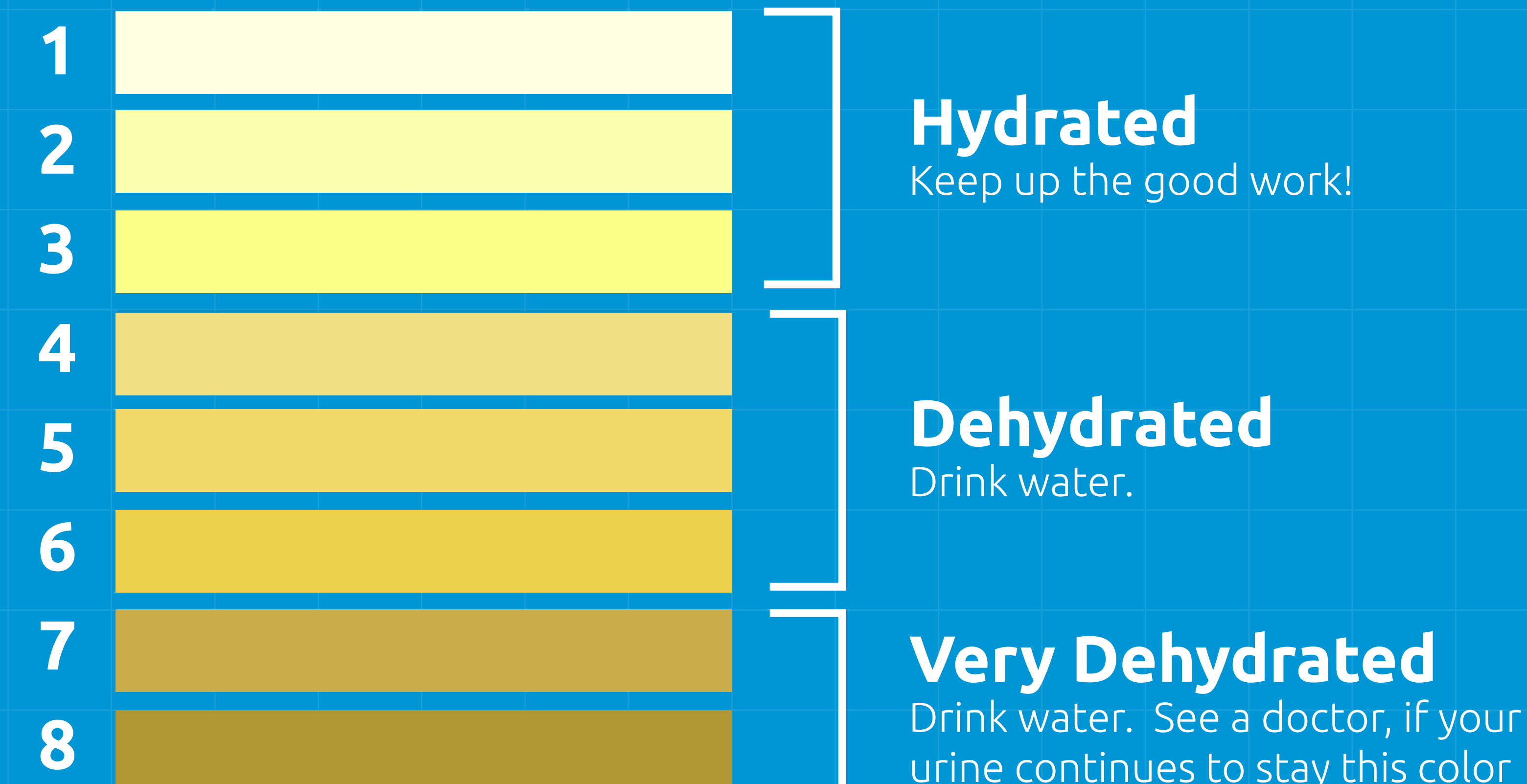
## SIGNS OF DEHYDRATION

- 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







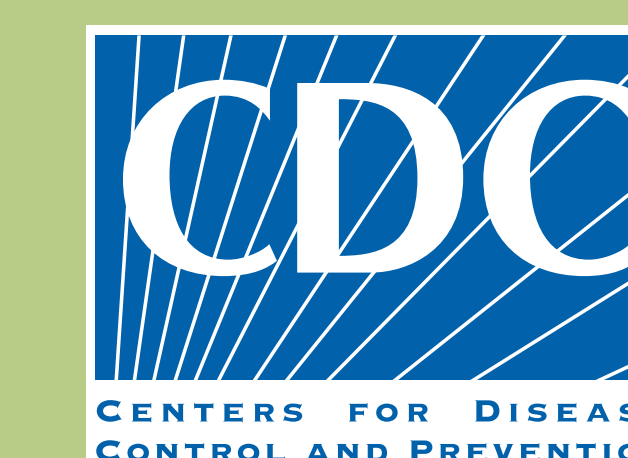
# FRUITS AND VEGETABLES

## MY GOAL:

Eat at least 5 fruits and vegetables every day.



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## 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!

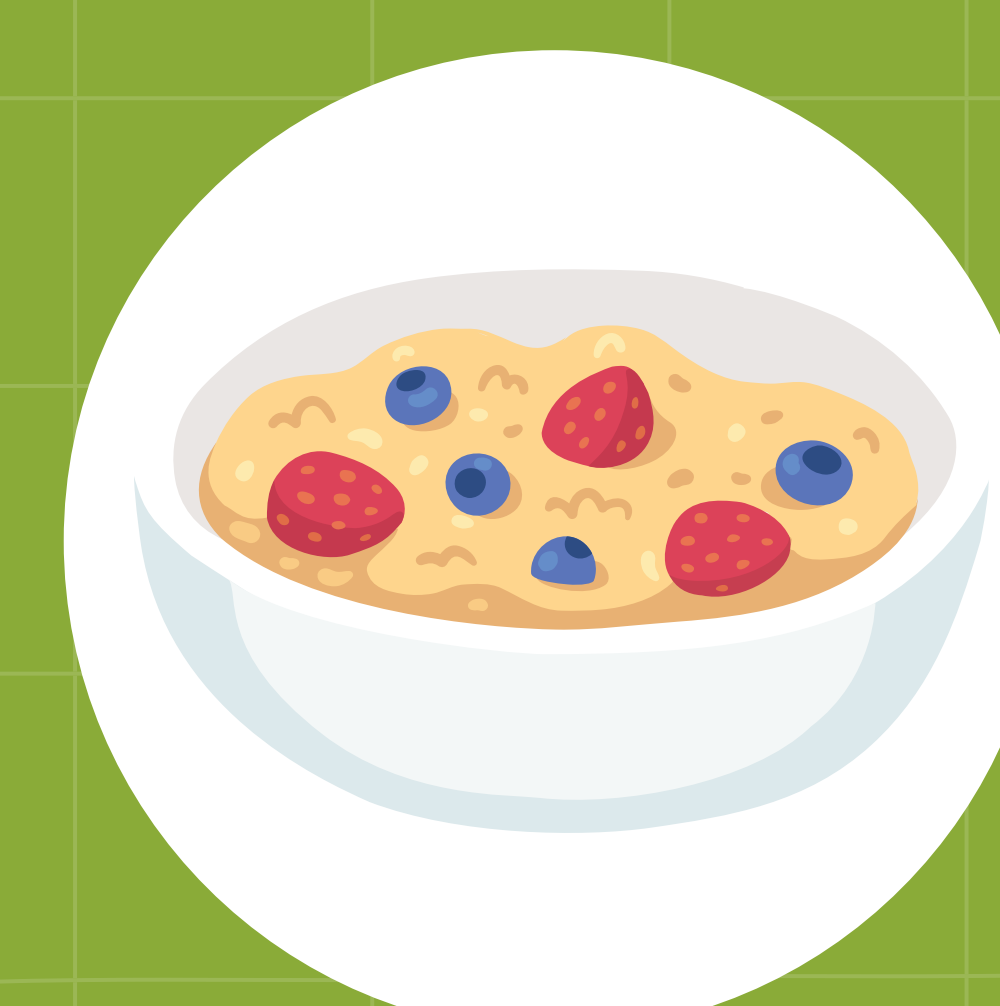
## IT'S EASY AT SPORTS TIME

- 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



Make half my plate fruits and vegetables



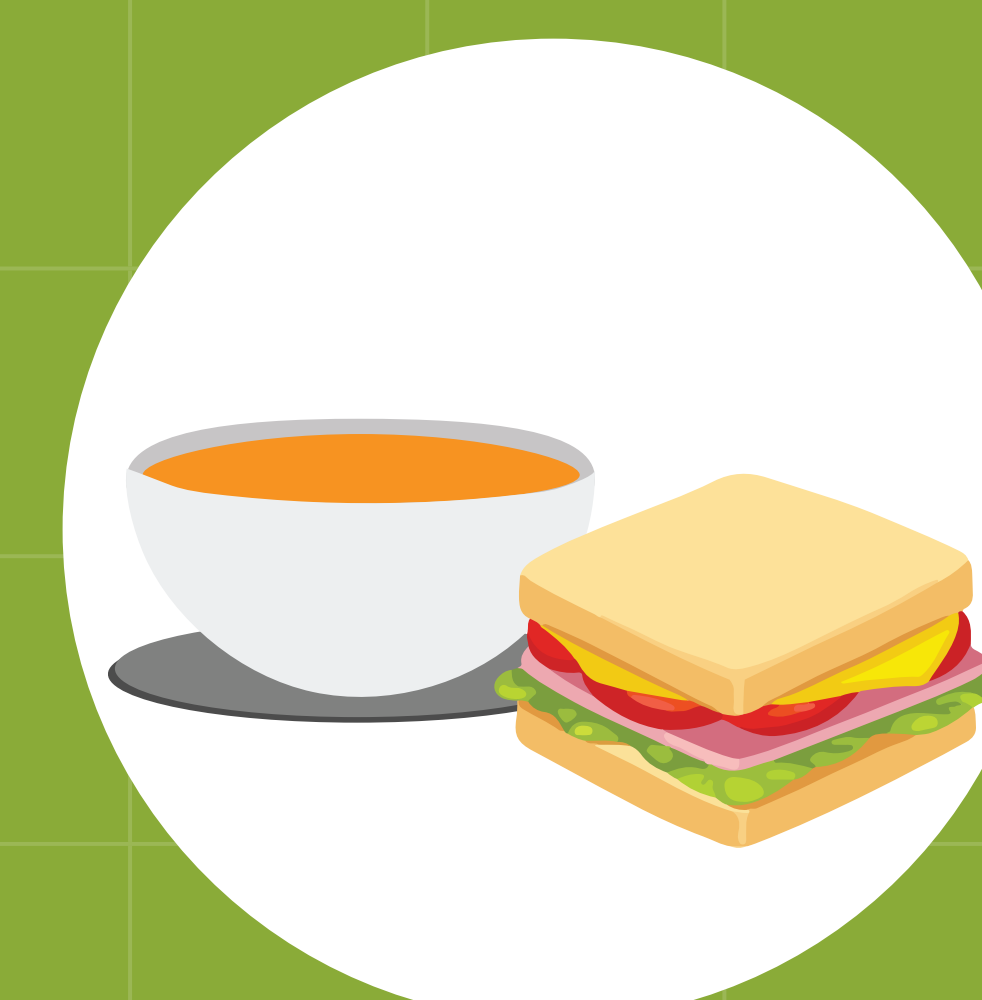
Include fruit at breakfast



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**





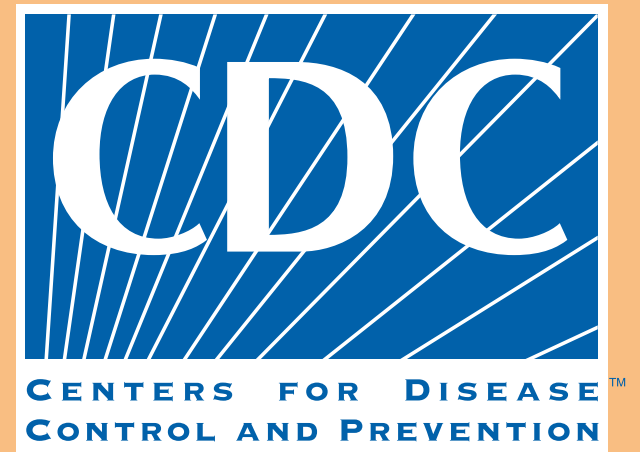
# PHYSICAL ACTIVITY

## MY GOAL:

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



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### 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

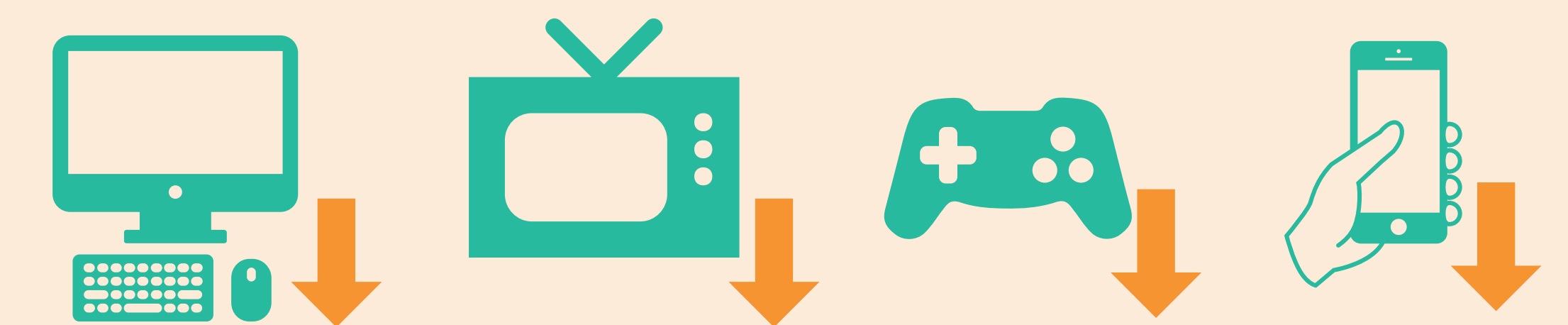
What do you like to do to be more active?



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

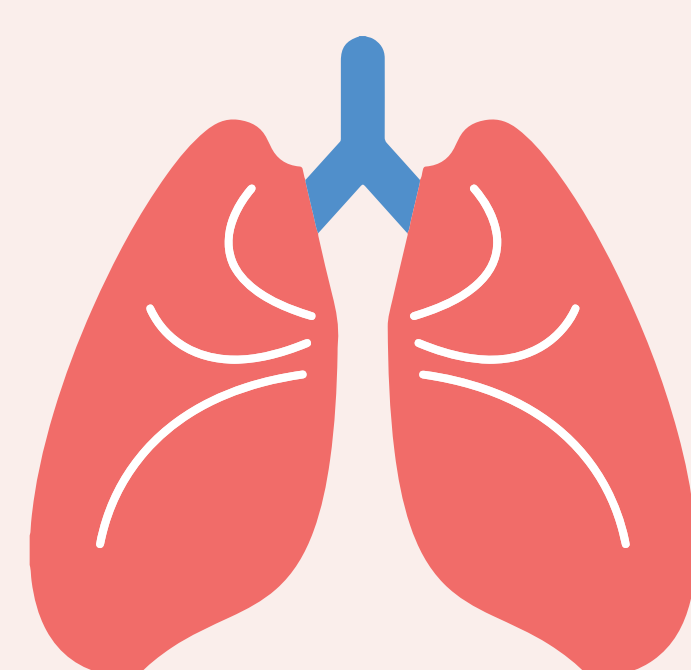


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## WHY TOBACCO AVOIDANCE IS IMPORTANT

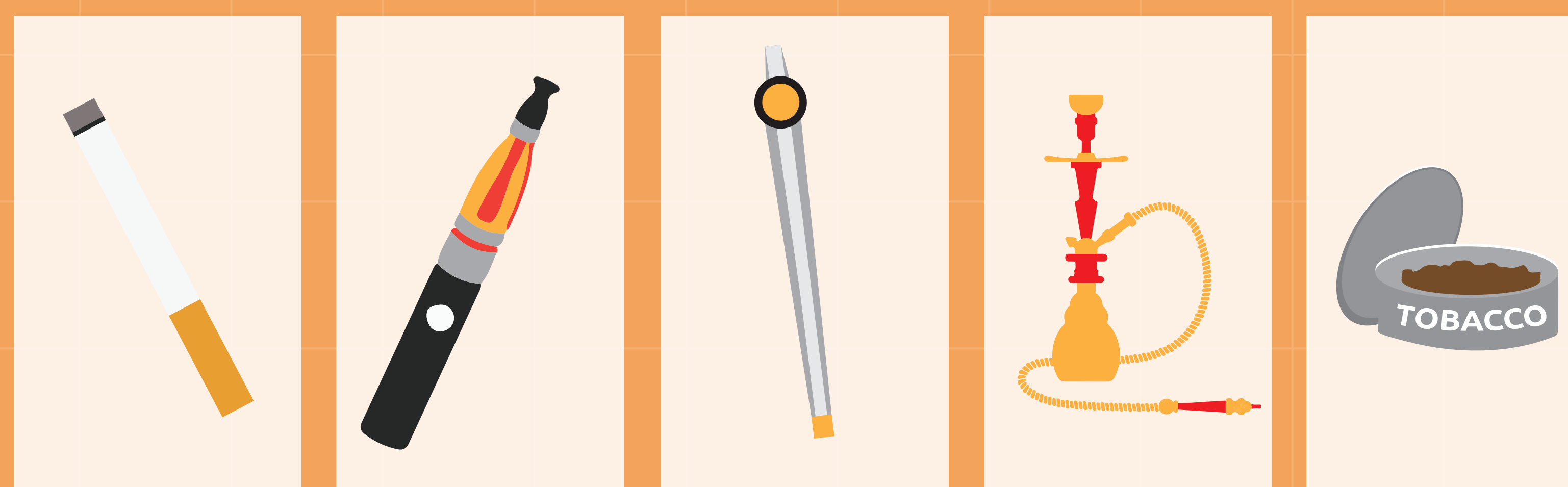
- People who don't use tobacco, or quit using it have more oxygen in their body. This helps you perform your best!
- Tobacco and smokeless tobacco use or exposure increases your risk for: heart and lung disease, cancer, tooth loss, bone fracture and more
- Tobacco use is an expensive habit – use your 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**