**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

**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

**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

<table>
<thead>
<tr>
<th>Normal</th>
<th>At Risk</th>
<th>High</th>
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<tbody>
<tr>
<td>120/80 or less</td>
<td>120-139</td>
<td>140/90 or more</td>
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<td>80-89</td>
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**Steps to Healthy Blood Pressure**
- Reduce stress
- Take your medicine
- Avoid tobacco and alcohol
- Get regular check-ups
- Be more active
- Maintain a healthy weight
- Follow a healthy meal plan
- Track your blood pressure

**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

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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.

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.

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.
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

Fortified Cereals

Beans, Legumes, and Pulses

Yogurt and Cheese

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

Making bones stronger in sports and life.

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

LET’S HAVE STRONG BONES

Choose drinks and foods that strengthen your bones.
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

1. WET YOUR HANDS
2. APPLY SOAP
3. WASH YOUR HANDS FOR 20 SECONDS
4. RINSE WELL
5. DRY YOUR HANDS
6. TURN OFF WATER WITH PAPER TOWEL

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

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
**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!

**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

**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

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

**URINE CHART**

How to tell if you are hydrated

1. Drink water right away, slow down and cool off
2. Keep up the good work!
3. Drink water.
4. Drink water. See a doctor, if your urine continues to stay this color

**WATER FUEL FOR HEALTH AND SPORT PERFORMANCE**

- Goal is to drink 5 bottles of water every day
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**FRUITS AND VEGETABLES**

**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**

**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

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**MY GOAL:** Eat at least 5 fruits and vegetables every day.

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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

**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**
- Improves sleep
- Lowers blood pressure
- Reduces appetite
- Strengthens bones
- Improves mood
- Helps manage weight
- Boosts brain power
- Increases energy

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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

TOBACCO AVOIDANCE AND CESSATION

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

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