

“He who has health, has hope. And he who has hope, has everything.”

~Arabic Proverb

Safety Notes

VOLUME 1, ISSUE 15



QUICK TIPS:

We all know that fatty foods are harmful to our health. If you cannot avoid these pitfalls, try to eat smaller portions; your heart will thank you.



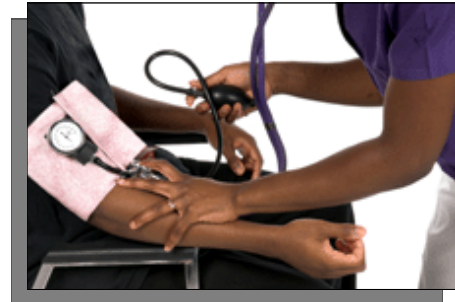
You do not have to be a physician, or even a nurse, to monitor your own blood pressure. Most local pharmacies sell inexpensive, automatic blood pressure cuffs.



Blood Pressure

The second issue in our four part “Healthy Heart” series addresses high blood pressure. Blood pressure, measured in millimeters of mercury (mmHg), is the amount of force that is pushed against arterial walls while the heart pumps blood throughout the body. Abnormally high blood pressure, also called hypertension, can damage the arteries and contribute to a myriad of very serious health problems. The risk of high blood pressure is elevated with age, body fat percentage, and an inactive, sedentary lifestyle. Certain race, gender, and ethnic categories also increase the likelihood that blood pressure may become a health hazard. Identifying this issue early, and taking preventative measures to mitigate future consequences, is the key to successfully managing your blood pressure.

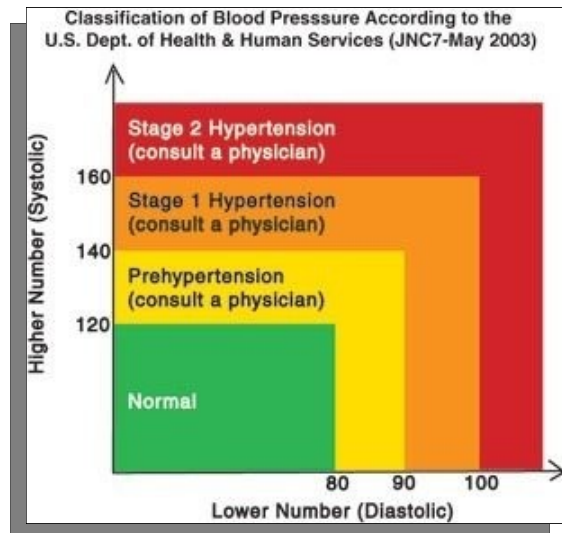
Stay safe and be healthy!



Getting Started

This weeks Safety Notes link will direct you to a website that mainly focuses on ways to maintain normal blood pressure levels. Lowering these levels can lead to a longer, healthier life. Take a moment to review these simple habits; it may be easier than you think.

[10 Ways to Reduce BP without Medication](#)



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