

**September
2017**

**Blood Pressure
Know your Numbers**



Blood Pressure UK
Helping you to lower your blood pressure

HEALTH & WELLBEING

Visit us at : <http://www.afblakemore.com/staff-zone/health-wellbeing>

Look after your health
the blakemore
way

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
28	29	30	31	1 Sep QUALIFIERS 	2 QUALIFIERS 	3 TOUR OF BRITAIN
4 	5 	6 	7	8	9	10 GNR GREAT NORTH RUN 2017
11	12	13	14	15	16 	17
18 a.f.	19	20	21	22	23 INVICTUS GAMES TORONTO 2017	24
25	26	27	28	29	30	1 Oct

Knowing Your Numbers—What is normal blood pressure?

Ideally, we should all have a blood pressure below 120 over 80 (120/80); this is known as the optimal level where we are at much lower risk of heart disease or stroke.

If your blood pressure is at the optimal level, this is great news. If your blood pressure is above 120/80mmHG, you should seriously consider making changes to your diet and exercise regime. Here are 5 top tips to help lower blood pressure.

1. Eat less salt. Too much salt certainly raises your blood pressure, most of the salt you eat is not what you add to your food, but is in prepared foods like bread, breakfast cereals and ready meals.
2. Eat more fruit and vegetables. Adults should eat at least five portions of fruit and vegetables every day.
3. Keep to a healthy weight. Losing weight, if you need to, will help lower your blood pressure and reduce your risk of health problems.
4. Drink less alcohol. Drinking too much alcohol raise blood pressure over time. Keeping within recommended alcohol limits should help keep your blood pressure down.
5. Get more physical exercise. Being moderately active for 30 minutes five times a week can keep your heart healthy, and can lower your blood pressure.

For further information on knowing your numbers, go to : <http://www.bloodpressureuk.org>

IT'S OKAY TO TALK

More than 800,000 people take their lives each year across the world. In the UK and ROI, more than 6,000 people die by suicide a year - an average of 18 a day.

Reaching out to people who are going through a difficult time can be a game changer. People who are feeling low or suicidal often feel worthless and think that no-one cares. Small things like hearing from friends or family, feeling listened to or just being told that 'it's ok to talk' can make a huge difference.

If you need to talk to someone, why not contact the retail Trust on : **0808 801 0808** or email : helpline@retailtrust.org.uk

retailtrust
rt
looking after all people in retail

Smoothie of the month

Very Berry Smoothie

www.afblakemore.com/staff-zone/health-wellbeing

Health Tips

Benefits of Bananas!

1. Reduce depression
2. Regulate the bowel system
3. Reduce blood pressure & risk of heart disease
4. Help our bones grow stronger
5. Help individuals to quit smoking
6. Help prevent anemia
7. Provide us with energy
8. Reduce menstrual pains
9. Power our brains
10. Help prevent ulcers

