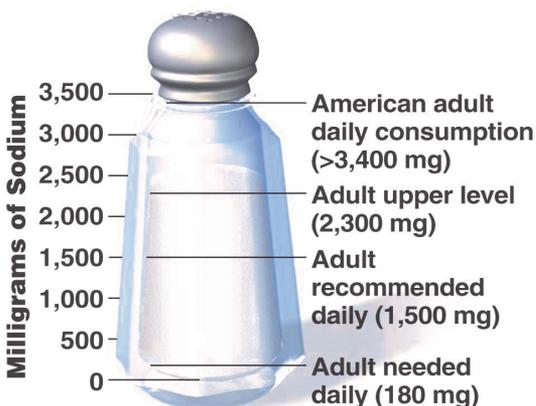




WISEWOMAN Program

Be Wise Health Coaching Uncontrolled Blood Pressure Guide



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Health Coaching Agreement

This guide was adapted from the Illinois WISEWOMAN Program Be Wise curriculum. Wisconsin WISEWOMAN wants you to become healthier by consuming nutritious food and beverages, being physically active, maintaining a healthy weight, living tobacco-free and having healthy blood pressure, cholesterol, and glucose values.

Your Health Coach will . . .

Guide you to make lifestyle changes by helping you:

- Identify your goals.
- Create and achieve small steps toward your goal.
- Improve your self-management.
- Learn how to stay motivated.
- Find community resources to support your goal.

. . . all by offering you health-related messages, tips, tools, and progress updates.

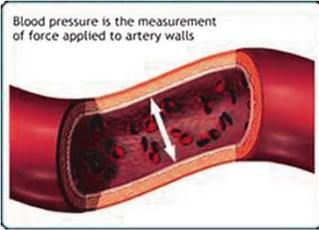
Your health coach will not tell you *what* your goal should be, but will show you *how* it can be reached.

To work with your health coach, you must do the following:

- Agree to have a specific number of health coaching sessions over the next three to six months. The length of each session can be from 15 to 60 minutes.
- Let your coach know the best time you can be reached for your sessions.
- Agree to have your health coach contact you 30-60 days after you have completed your last coaching session to see how you are doing.

What Is Blood Pressure?

The organs in your body need oxygen to survive. Oxygen is carried through the body by the blood. Blood is carried from the



heart to all parts of the body in vessels called arteries. When the heart beats, it pumps blood out into a network of arteries and veins, also known as blood vessels and capillaries.

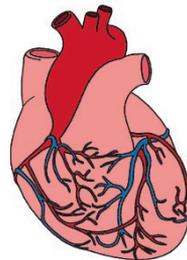
Blood pressure is the **force of the blood pushing against their walls**. Your blood pressure is highest when the heart beats, pumping the blood to the body. This is called the **systolic** blood pressure.

When the heart is **relaxed and at rest between beats**, this is called the **diastolic** blood pressure.

Blood pressure is always given in two numbers. For example:

130/78

The top number is the systolic pressure and the bottom number is the diastolic pressure. Both are important.



My current blood pressure is _____/_____

Know Your Numbers

Take time to learn what the numbers of your blood pressure readings mean. Blood pressure is classified by the following categories.

Normal	At Risk (Prehypertension)	High (Hypertension)
Less than 120 top number and less than 80 bottom number	120-139 top number or 80-89 bottom number	140 or higher top or 90 or higher bottom
May prevent stroke, heart disease, heart failure, and kidney disease.	Blood pressure is slightly elevated. May turn into high blood pressure if you don't make lifestyle changes.	The heart has to pump harder to get blood into the arteries. May not have any symptoms, but this increased workload can result in damage to the heart, brain, eyes, and kidneys before you feel anything.



Uncontrolled high blood pressure is sometimes called the “silent killer” because it often has no symptoms. Having a blood pressure that is not controlled increases your chances of stroke, kidney disease, heart disease and eye damage.

How Ready Are You?

... **Importance** Think about how important lowering your blood pressure is to you. Circle the number on the scale below that best describes how important lowering your blood pressure is at this time. Why did you choose this number?

0 1 2 3 4 5 6 7 8 9 10

Not Important

Somewhat Important

Very Important

... **Confidence** How confident are you that you can make changes to lower your blood pressure? Circle the number on the scale that best describes how comfortable you are today that you can lower your blood pressure. Why did you choose this number?

0 1 2 3 4 5 6 7 8 9 10

Not confident

Somewhat Confident

Very Confident



Change Plan Worksheet

Important reasons why I want to control my high blood pressure:

1. _____
2. _____
3. _____
4. _____

Risk factors for high blood pressure . . .

Risk factors such as age, family history, race, gender and certain medical conditions **cannot** be controlled.

Risk factors that **can** be controlled are:

- Being over a healthy body weight
- Eating too much salt
- Getting too little physical activity
- Having too much stress in your life
- Smoking
- High cholesterol
- Diabetes
- Drinking too many alcoholic and/or sugary beverages

List your risk(s).

1. _____
2. _____
3. _____

Change Plan Worksheet (continued)

You will need to treat and control your high blood pressure for life. This means taking prescribed medicines, getting ongoing medical care and making lifestyle changes.

Taking your medications

- Follow your health care provider's instructions for taking your medications.
- Make sure you understand what each medication is for and how to take your medication(s).
- Make sure you have resources for getting your medication(s).

Self-monitoring: Make sure you know how to measure and track your blood pressure.

Office visits with a health care provider: See a health care provider to make sure your medication is working. If not, the provider can change what medications you are taking.

Lifestyle changes

- Learn how to lower your salt intake.
- Learn how to increase your intake of fruit and vegetables and low-fat foods.
- Learn ways to increase physical activity.
- If you smoke, get support to help you quit.
- Use stress management/relaxation/community resources.



Small Changes Make a Big Difference

There is no known cure for high blood pressure.

The good news is that blood pressure is treatable! You have the power to lower your blood pressure and live a longer, healthier life.

Even a 5 mm reduction in your systolic blood pressure, the top number, can have a major impact on your risk for heart attack and stroke.



Lifestyle Changes	Systolic Blood Pressure Reduction
Lose weight	5-20mm Hg per 22 pounds weight loss
Eat less salt	2-8 mm Hg
Exercise	4-9 mm Hg
Eat a DASH* diet	8-14 mm Hg

*The DASH (Dietary Approaches to Stop Hypertension) eating plan includes eating lots of fruits and vegetables, low-fat milk products, whole grains, fish, poultry, beans, seeds and nuts. The plan also reduces salt and added sugars.

Goal Setting

Now let's set a goal. A goal is something you plan to reach.

Why set goals?

- Goals give you focus. Knowing where you want to be is the first step in getting there!
- Having a goal keeps you going even when it isn't easy.

Before setting your goal, let's review some tips for successful goal setting. When setting a goal, make sure it is SMART . . .

Specific . . . This helps you focus on what you want to do.

For example: *"My current blood pressure is 157/98, I will lower my blood pressure to _____."*

Measurable . . . This helps you see your progress.

Some examples: *"I will do a 10-minute walk Monday, Wednesday, and Friday," "I will take my blood pressure medication everyday as prescribed," "I will monitor my blood pressure every week," "I will decrease the amount of sodium in my diet," "I will stop smoking," "I will write down what I did to measure my progress."*

Achievable . . . This helps to ensure your success, so have a goal that challenges you but you have confidence you can reach.

Realistic . . . This helps you know you can do it.

For example, is it realistic to cut out all of the salt in your diet?

Has a Timeframe . . . This helps you make a plan. Do you want to reach your goal next week or in three months?

Goal Setting (continued)

Now let's write your SMART goal for each of the activities you want to work on to lower your blood pressure. Remember, it **may** take a lifestyle change as well as medication therapy to successfully control your blood pressure.

My health care provider has recommended that my goal blood pressure should be _____ / _____.

Medication Adherence - Following the health care provider's instructions

My SMART goal is:

Self-Monitoring

My SMART goal is:

Additional office visit with my provider

My SMART goal is:

Lifestyle Change

My SMART goal is

Know Your World

The world around you may affect your lifestyle behavior choices. You may have things in your world or life that can make healthy changes hard or easy to make.

For example . . .

- Does caring for an aging parent or grandchild make you forget sometimes to take your medication?
- Do you live in an area with lots of traffic and/or where the streets are not well lit at night?



OR

- Do you have access to medication reminders to help you remember?
- Do you live close to a school track or shopping mall where you can walk?

You can make healthy choices by knowing your world.

Obstacles - What things in your world make it hard to make healthy choices?

1. _____
2. _____
3. _____

Supports - What things in your world make it easy to make healthy choices?

1. _____
2. _____
3. _____

Control Your World

For each thing that makes it **easier** to reach your goal, think about how you can use it more:

Things that make it **easier**:

1. _____

2. _____

3. _____

How I can use them more:

1. _____

2. _____

3. _____

Behavior Chain

A behavior chain is a series of actions that lead to a specific behavior. If a specific behavior is to be changed, you need to think back and find the chain of actions that led to it. The Behavior Chain has three main actions:

1. **Trigger:** This is the **thing** that leads to your choices. It can be an event, feeling, or thought.
2. **Behavior:** This is the **choice** you make.
3. **Result:** This is **what happens** because of your choice. It may be related to your health. Or, it may be something you think or feel.

For example:

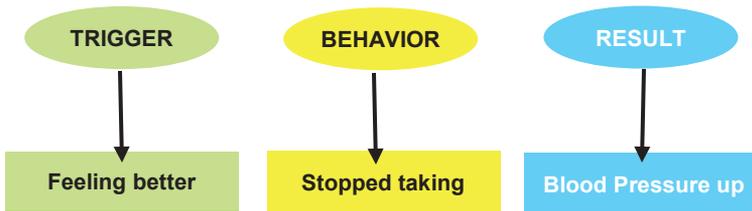
You stopped taking your blood pressure medication every day because you were feeling better. When you go to see your health care provider, you learn that your blood pressure has gone up.

Your Behavior Chain for Controlling Your Blood Pressure

Think about the triggers that affect one of your SMART goals.

What **makes it hard**?

What could **make it easier**?



Following Health Care Provider's Orders

Medication is usually necessary for reducing high blood pressure. Various types of medication are used to control high blood pressure. Most people with high blood pressure need two or three medicines to lower their blood pressure. Your health care provider may need to change your medicines to find out what works best for you. This is normal.

Types of Medications

There are many medicines that lower blood pressure. They all work in different ways. Many brand-name medications also have cheaper versions, called generics. Generic medications work the same way.

- **Diuretics:** Sometimes called “water pills,” work in the kidneys to flush excess water and sodium from the body through urine.
- **Beta Blockers, Alpha Blockers, Alpha-Beta Blockers:** Reduce nerve impulses to the heart and blood vessels. This makes the heart beat less often and with less force. They also allow the blood to pass more easily and slow the heartbeat.
- **Nervous System Inhibitors:** Relax the blood vessels by controlling nerve impulses. This allows the blood to pass more easily.
- **Vasodilators:** Directly open blood vessels by relaxing the muscle in the vessel walls.
- **Angiotensin II:** Protects your vessels from the angiotensin hormone. The blood vessels relax and widen and your blood pressure goes down.
- **ACE Inhibitors:** Keep your body from making a hormone called angiotensin II. This hormone causes blood vessels to narrow.

My Medications

When you get your prescription filled and don't follow directions you are weakening the effectiveness of the medication(s). Know the names of the medications you take, and how and when to take them. Write down the names of your medications and always keep the list with you. Show it to your health care provider at each visit.

Medication

Name _____

What is it for?

Amount I should take _____

How often I should take _____

Best time of day to take _____

Are there any special restrictions related to it (foods or drinks to avoid)? _____

Take with food Yes No

Warning signs to report right away _____

Common side effects to expect _____

My Medications (continued)

Medication

Name _____

What is it for? _____

Amount I should take _____

How often I should take _____

Best time of day to take _____

Are there any special restrictions related to it (foods or drinks to avoid)? _____

Take with food Yes No

Warning signs to report right away _____

Common side effects to expect _____



My Medications (continued)

Medication

Name _____

What is it for? _____

Amount I should take _____

How often I should take _____

Best time of day to take _____

Are there any special restrictions related to it (foods or drinks to avoid)? _____

Take with food Yes No

Warning signs to report right away _____

Common side effects to expect _____

My Medications (continued)

Medication

Name _____

What is it for? _____

Amount I should take _____

How often I should take _____

Best time of day to take _____

Are there any special restrictions related to it (foods or drinks to avoid)? _____

Take with food Yes No

Warning signs to report right away _____

Common side effects to expect _____

Medication Labels

Name and address of pharmacy	Goodhealth Pharmacy 100 Main Street, Milwaukee, WI 53222 DEA# BD 123456789
Prescription number	RX 123456
Your name and address	Jones, Jane 1111 Any Street Any City, WI 51111
How and when to take your medicine	Take one tablet by mouth every day
Name of your medicine	Hydrochlorothiazide
Amount of medicine in each pill	25 mg
Number of refills	Refills: 2
Number of pills in the bottle	QTY: 100
Date filled	8/6/2014
Date written	8/6/2014

Knowing how to read and understand a medication label is important for helping you take medication as prescribed. The prescription bottle may also have stickers that give more information. For example: “do not drink alcoholic beverages,” “may cause drowsiness,” or “take with food.”

Medication Labels (continued)

If you have a new prescription or if you don't understand the prescription, ask your health care provider or pharmacist the following questions:

- What is the name of the medication?
- What is the medication for?
- How should I take it?
- When should I take it?
- What are the possible side effects?
- What do I do if I miss a dose?

It is important for you to know the name of the pharmacy and phone number listed on the label. This will help you to refill the prescription.

You can ask for bottles with large print and tops that are easy to open (if you don't have a small child in the house).

Put refill dates on your calendar to remind you when it is time to get your prescription refilled.



Getting Your Medication

Having the ability to get your prescription filled is the first step in taking your medication. Many locally operated pharmacies offer low-cost generic prescription drug programs. If you need help with obtaining your medications, the program can help you identify resources.

Is getting your prescription filled a challenge for you?

Yes _____ No _____

My barriers to taking my medication as prescribed are:

- 1.
- 2.
- 3.

What can I do to reduce these barriers?

- 1.
- 2.
- 3.

My medication adherence goal is:

Barriers to Taking Your Medication

Some possible barriers to taking your medication(s) are:

Barrier - *"I forgot to take my medication because I was not home or I had a busy schedule."*

Solution - Use pill boxes, calendars, magnets or sticky notes to help remind you, or ask a family friend to remind you.

Solution - Put your medication out in the open (away from children) where you can see it. This will remind you to take it, especially in the first week or so.

Barrier - *"I don't want to be dependent on medicine."*

Solution - Most medications don't cause you to be dependent on them. If you are afraid of becoming dependent on the medication, talk with your health care provider.

Barrier - *"My blood pressure is down, so I don't need my medication anymore."*

Solution - Even if your blood pressure is at goal, you should continue to take your medication unless your health care provider has told you to stop. This means that the medication is doing what it is supposed to do!

Barrier - *"I am afraid of medication side effects."*

Solution - If you feel bad after taking your medicine or have side effects, talk with your health care provider right away. Do not stop taking your medicine without talking with him/her first.

Barrier - *"I don't like taking medicine."*

Solution - Most people do not enjoy taking medication, but they take it because they understand how the medication may help their condition.

Overcoming Barriers to Taking Medication

My barriers to taking my medication(s) are:

1.

2.

3.



Things I can do to reduce my barriers are:

1.

2.

3.

Blood Pressure Monitoring

Keeping track of your blood pressure is important. Have your blood pressure checked on the schedule your health care provider advises.

Your blood pressure doesn't stay the same all the time. It lowers as you sleep and rises when you wake up. Blood pressure also rises when you're excited, nervous, or active.

Your blood pressure can be taken at a doctor's office, local pharmacy, or community screening events. Wherever it is taken, make sure you know what your readings are.

Factors that may cause a short-term rise in your blood pressure . . .

- **Drinking hot or cold fluids** before, so don't drink coffee or very cold liquids for at least 30 minutes before the test.
- **Cigarette smoking**, so don't smoke for at least 30 minutes before the test.
- **Having a full bladder**, so go to the bathroom before the test.
- **Being nervous**, so sit for five minutes before the test.
- **Movement** can cause short-term rises in blood pressure, so sit still while it is being taken
- **Being in pain, having difficulty breathing or having just exercised**, so let the health care provider know how you are feeling.

When your blood pressure is taken . . .



- Make sure your feet are flat the floor and are not crossed.
- Make sure your arm is resting flat on a table.
- Your back should be supported if you are sitting.
- Remain quiet and still.
- The cuff should not be placed over your clothing; so always wear clothes that can easily be rolled up.

You may want to learn how to check your blood pressure at home. Your health care provider can help you learn how to do this. Each time you check your own blood pressure, you should write down your numbers and the date.

Blood Pressure Self-Monitoring

Monitoring your blood pressure at home . . .

Checking your blood pressure at home will help you:

Track how you are doing in getting your blood pressure under control. Blood pressure is normally 5mm Hg lower at home; so make sure you consider this when determining if your blood pressure is at “goal.”



Choose the best monitor . . .

The best monitors:

- Are automated, meaning that once the cuff is on and you press the start button it will inflate and you will get a readout of your numbers on a display.
- Use an upper-arm cuff, **not a wrist or finger cuff**.
- Have memory storage capacity.
- Include at least two upper-arm cuff sizes and a tape measure so you can select the right size for you.

Once you have a home blood pressure monitor, take it to your clinic visit. Have the health care provider check the monitor for accuracy and watch you use it, to see if you are using it correctly.

Blood Pressure Self-Monitoring (continued)

How to Measure . . .

- Take your blood pressure in the morning and in the evening (twice each day).
- Take your blood pressure two times and wait two to five minutes between readings.
- The first time you take your blood pressure at home, do it on both arms. After that, use the arm that had the highest numbers.

Taking a reading . . .

- Measure around your upper arm to make sure you are using the right cuff size:
 - 8.5 - 10 inches - small adult
 - 10.5 - 13 inches - adult
 - 13.5 - 17 inches - large adult
- Rest for five minutes before taking a reading.
- Sit with legs uncrossed, back supported, feet flat on the floor and arm at heart level.
- Wait 30 minutes after drinking hot and/or cold liquids, smoking or exercise.

Record the measures you take

- Use a notebook, a blood pressure tracking card, or a blood pressure monitor that stores your readings.
- Share readings with your health care provider.



Office Visits

Getting your blood pressure under control means you have to be under the care of a health care provider. It will be important that you keep your appointments with your provider and communicate any concerns you have.

During office visits, your health care provider will monitor how your prescribed medications are working. Your blood pressure will be taken and you should give your physician any additional blood pressure measures you have taken either at home or in the community.



Take this time to talk with your health care provider about any concern you may have about your blood pressure.

NOTE UPCOMING OFFICE APPOINTMENTS:

Next Clinic Appointment:

Date: _____ Time: _____

Next Clinic Appointment:

Date: _____ Time: _____

Next Clinic Appointment:

Date: _____ Time: _____

Reducing Your Sodium (salt)

Why is sodium (salt) important?

Sodium (salt) helps:

- Maintain the right balance of fluids in our bodies
- Move nerve impulses
- Contract and relax muscles

How does sodium (salt) affect blood pressure?

Eating too much sodium (salt) can raise your blood pressure. After you ingest sodium, it moves to the digestive system to be absorbed into the bloodstream. If the amount is small, the body uses the sodium to build muscles and nerves and to absorb nutrients. If the amount is too much, the blood vessels must take in more fluid.

Extra fluid increases the body's overall blood volume. This in turn, causes the heart to work harder to pump all that extra blood throughout the body. **This increases the body's blood pressure.**

The general guideline for sodium intake is less than 2,300 mg/day. Some people should limit intake to 1,500 mg/day:

- Age 51 and over
- African Americans
- Those with high blood pressure, diabetes or chronic kidney disease



Lifestyle Change: Reducing Sodium (Salt)

Read food labels for sodium (salt) content

The majority of sodium (salt) in our diets is from packaged food. Even foods that may not taste salty can have large amounts of sodium (salt).

- Look for the number of mg per serving. For example, this label shows 200 mg per 3/4 cup!
- Choose foods that list 200-400 mg per serving or less.

Nutrition Facts

Serving Size 3/4 cup (55g)
Servings Per Container 5

Amount Per Serving

Calories 250 Calories from Fat 50

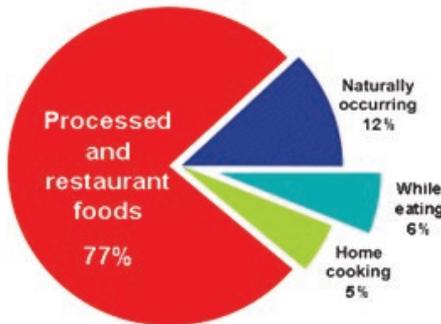
	% Daily Value*
Total Fat 6g	9%
Saturated Fat 0.5g	3%
Cholesterol <5mg	<2%
Sodium 200mg	8%
Total Carbohydrate 40g	13%
Dietary Fiber 4g	16%
Sugars 18g	
Protein 9g	18%

Vitamin A 25% • Vitamin C 50% • Calcium 30% • Iron 25%
*Percent Daily Values based on a 2,000 Calorie diet.

Top Ten Sources of Sodium (salt)

- Breads or rolls
- Cold cuts and cured meats
- Pizza
- Poultry
- Soups
- Sandwiches
- Pasta dishes
- Meat dishes
- Snacks (pretzels, chips)

Most Sodium Comes from Processed and Restaurant Foods



Tips for reducing sodium (salt) . . .

- Cook with fresh herbs and spices or use vinegars and lemon juice for flavor.
- Buy fresh, frozen, or no-salt-added canned vegetables, or rinse with water to remove salty liquid.
- Use fresh poultry, fish, pork.
- Whenever possible, buy low-sodium, reduced-sodium, or no-salt products.
- Make your own soups from scratch.
- Read and compare labels on food packages for the amount of sodium (salt) they contain.



Lifestyle Change: Water

Water is the MOST important nutrient for life.

Why does the body need water?

- Water carries nutrients to your cells.
- Water helps with metabolism.
- Water protects your vital organs.
- Water controls your body temperature.
- Water helps to flush wastes from your body (sweat, urine).
- Water protects and moisturizes your joints.



You lose water throughout the day, so you need to replace this lost fluid to stay healthy. If you don't get enough water, you could become dehydrated. All liquids help you stay hydrated, but WATER is the best choice, because it is free!

How can you know if you are drinking enough water?

If you're drinking enough water, your urine will be clear or pale yellow. A darker yellow means you are not drinking enough water.

Talk with your health care provider about the amount of water you should be drinking, especially if you have a kidney disorder or congestive heart disease.

Ways to get more water during the day

- Drink a glass of water when you get up in the morning.
- Keep a water bottle with you and take several sips each hour.
- Take a sip of water whenever you pass a drinking fountain.
- Add a packet of sugarless flavoring, slice of lemon, or lime.
- If you don't like the taste of your tap water, try using filters or boiling it and putting it in the refrigerator.

Lifestyle Change: Healthy Eating

Eat a variety of:

High-fiber foods

- Whole grains, such as wheat, bran, oat, rice
- Whole fruits, such as apples, oranges, strawberries
- Vegetables, such as beans and broccoli
- Nuts, such as almonds, peanuts

Fat-free or low-fat foods dairy products

- Yogurt, milk, cheese

Cold-Water Fish

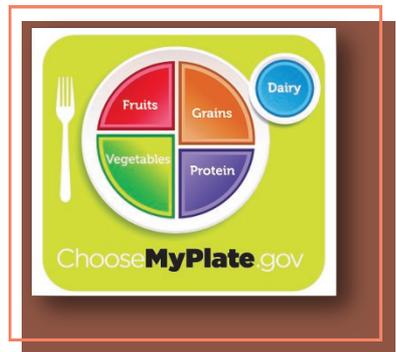
- Tuna and sardines packed in water
- Salmon
- Catfish
- Cod
- Whiting

Lean Meat/Poultry

- Pork
- Ham
- Beef
- Venison
- Turkey
- Chicken

A Healthy Plate equates to a Healthy Weight, which is also important in controlling your blood pressure!

For more healthy eating information, see the “Be Wise Health Coaching Healthy Eating Guide.”



Lifestyle Change: Physical Activity

Being more physically active can lower your high blood pressure and reduce your risk for other health problems. The basic guideline for physical activity is simple: aim for at least **30 minutes of moderate physical activity on most days** of the week. Moderate intensity means that **your heart beats faster** and that you **breathe harder than you do at rest**. Moderate activities include brisk walking, raking leaves, and vacuuming.

There are many types of physical activities and exercises! Some examples of the different types are listed below.

Stretching/Flexibility - Helps to reduce stiffness in your joints, reduces muscle tightness, and improves your balance and posture.

- Yoga
- Pilates
- Swimming
- Dancing

Balance Activities - Help prevent falls.

- Tai Chi
- Yoga

Strength Activities - Make muscles, joints and bones strong and healthy.

- Walking
- Lifting weights
- Working with a stretch band
- Sit-ups, push-ups, leg-lifts or squats
- Running
- Biking

Aerobic Activities - Help your heart and lungs be stronger.

- Swimming
- Dancing
- Riding a bike
- Playing sports (baseball, tennis)
- Walking at a moderate or vigorous pace
- Mowing the lawn
- Using treadmill/elliptical

Lifestyle Activities

- Laundry
- Sweeping, vacuuming or mopping
- Gardening/mowing the yard/raking leaves
- Singing in the church choir
- Making a bed

Lifestyle Change: Physical Activity (continued)

A step counter (pedometer) is a tool that tracks your activity by counting the number of steps you take.

How does the step counter work?

The step counter has a spring that moves with every step you take. Each step causes the spring to count one step.



How can the step counter help you?

- A step counter can help you see how active you are during the day.
- A step counter can help you remember to be active. For example, look at your step counter at 2:00 in the afternoon. If you see you are far from your goal, you know you will have to move more to meet your goal.

Keep a log.

- Write down your steps at the end of each day.
- At the end of each week, look at your log.
- Set a goal to take 300-500 more steps each day. For example, if you take 3,000 steps during a normal day, try to take 3,500 steps each day the next week.
- For good heart health, taking 10,000 steps each day is a good goal. But the most important thing is to just be **more active** than you are now.

For more physical activity information, see the Be Wise Health Coaching Physical Activity Guide.

Lifestyle Change: Tobacco

The use of tobacco can be devastating to your health, especially if you're already at risk for high blood pressure. Secondhand smoke, exposure to other people's smoke, increases the risk of heart disease for non-smokers. Smoking temporarily raises blood pressure and increases risk of damage to arteries.



Here are some resources to help you stop . . .

Wisconsin Tobacco Fax To Quit Program

If you are ready to quit within 30 days, a Wisconsin Tobacco Quit program coach will contact you after receiving a Fax to Quit consent form. The program is not designed to convince you to quit, but to provide you support over a six-month period.

Wisconsin Tobacco Quit Line

Call the Quit Line if you are not ready to quit smoking but want information on the risks of smoking and the benefits of stopping. The Quit Line also has information on community quit smoking group programs, secondhand smoke risks, health issues, and how to limit exposure. You can call the Wisconsin Tobacco Quit Line 7 days a week and 24 hours a day directly at:

1-800-784-8669 English

1-877-266-3863 Spanish

TTY: 1-877-777-6534



Community Stop Smoking Support Group

Many hospitals and community groups offer classes to help people quit smoking. Call the Wisconsin Quit Line to get a list of free or low-cost programs in your area.

Lifestyle Change: Stress

When you are stressed, your blood pressure goes up, you may overeat, you may exercise less, you may have difficulty sleeping, and you may be more likely to smoke. Stress is a normal part of life; therefore, learning how to manage stress, cope with problems and relax can improve your emotional and physical health.

Common warning signs of stress . . .

- Rapid heart beat
- Fast breathing
- Sleep difficulties
- Irritability or anxiety
- Headaches
- Muscle tension
- Weight gain or loss, upset stomach

How you might cope with stress . . .

- **Have a healthy diet:** Eating a healthy diet provides your body with nutrients to help you handle stress.
- **Increase your physical activity:** Aerobic exercise releases endorphins, natural substances that help you feel better and maintain a positive attitude.
- **If you smoke, quit:** Nicotine is stimulating and brings on more stress symptoms, so if you smoke, get support to quit.
- **Take time for “you” every day:** Set aside as little as 20 minutes each day when you do things that make you happy.
- **Get enough rest:** You can't fight stress effectively without rest.



Relaxation TIPS

Deep breathing

- Imagine a spot just below your navel.
- Breathe in through your nose into that spot, imagining that you are filling your abdomen with air.
- Let the air fill you from the abdomen up, then let it out through your mouth, like deflating a balloon. With every long, slow exhalation, you should feel more relaxed.



Mental imagery relaxation

- Find a quiet, calm and restful place where you can relax uninterrupted for about 15 minutes.
- Close your eyes. Take a few deep, cleansing breaths.
- Create a mental picture of a scene that is peaceful. Focus on the scene. Use senses like smell, taste and hearing to put yourself in the setting. Feel a wave of relaxation and calm completely filling your body. Stay in the scene for 5-10 minutes or more.

Relax to music

- Combine relaxation exercises with your favorite music.
- Select music that lifts your mood or that you find calming. Some people find it easier to relax while listening to specially designed relaxation programs, which provide music and relaxation instructions.

Massage therapy

Getting a massage may help your body. Massage can relax muscle tissue and improve circulation. Massage therapy may lower the heart rate, respiratory rate, and blood pressure; boosts the immune system; and may decrease the effects of stress.

Treat yourself. Try going to a local massage therapy school for lower rates.

Great Job! You have chosen to lower your blood pressure by participating in the WISEWOMAN Be Wise Uncontrolled Blood Pressure Coaching Program!

Stay on Track

It can be hard to stay on track after your WISEWOMAN coaching sessions end. Here are three simple ways you can keep working on your health.



1. **Think about what was discussed.**

Have you learned about the importance of taking your blood pressure medication? Did you learn ways to reduce your sodium (salt) intake? Have you learned how to fit physical activity into your life? Have you learned how to reduce your stress? Remember these things!

2. **Set new goals.**

Set new goals once you reach and maintain your initial goals. Then you always have something to work toward.

3. **What do you do when you have reached a goal?**

Reward yourself! Rewards will help you to:

- ★ Enjoy your success!
- ★ Make healthy choices more fun!

Think of ways to reward yourself for meeting your goals.

Rewards . . .

- 1.
- 2.
- 3.

Make lifestyle changes

Each week, we talked about the choices you make every day. You will not always make healthy choices. That's OK. Do not let a slip make you feel like you failed. You **CAN** do it. Focus on making healthy changes that fit into your life.

Health: A Lifestyle Choice

- Take your blood pressure medication as prescribed.
- Check your blood pressure often.
- Be more active. The key to weight loss is to burn more calories than you eat. You burn calories by doing more physical activity.
- All physical activity counts, so be more active throughout your day.
- Eat a variety of fruits and vegetables, whole grains, lean meats and low-fat dairy.
- Limit your sodium (salt) and sugary beverages intake.



Share your success with friends and family and be a role model for healthy living!

Notes

Health coaching session dates and times:

1.

2.

3.

4.

5.

My follow-up contact to talk about my progress is:

Coach contact telephone number:



Wisconsin
Department of Health Services

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