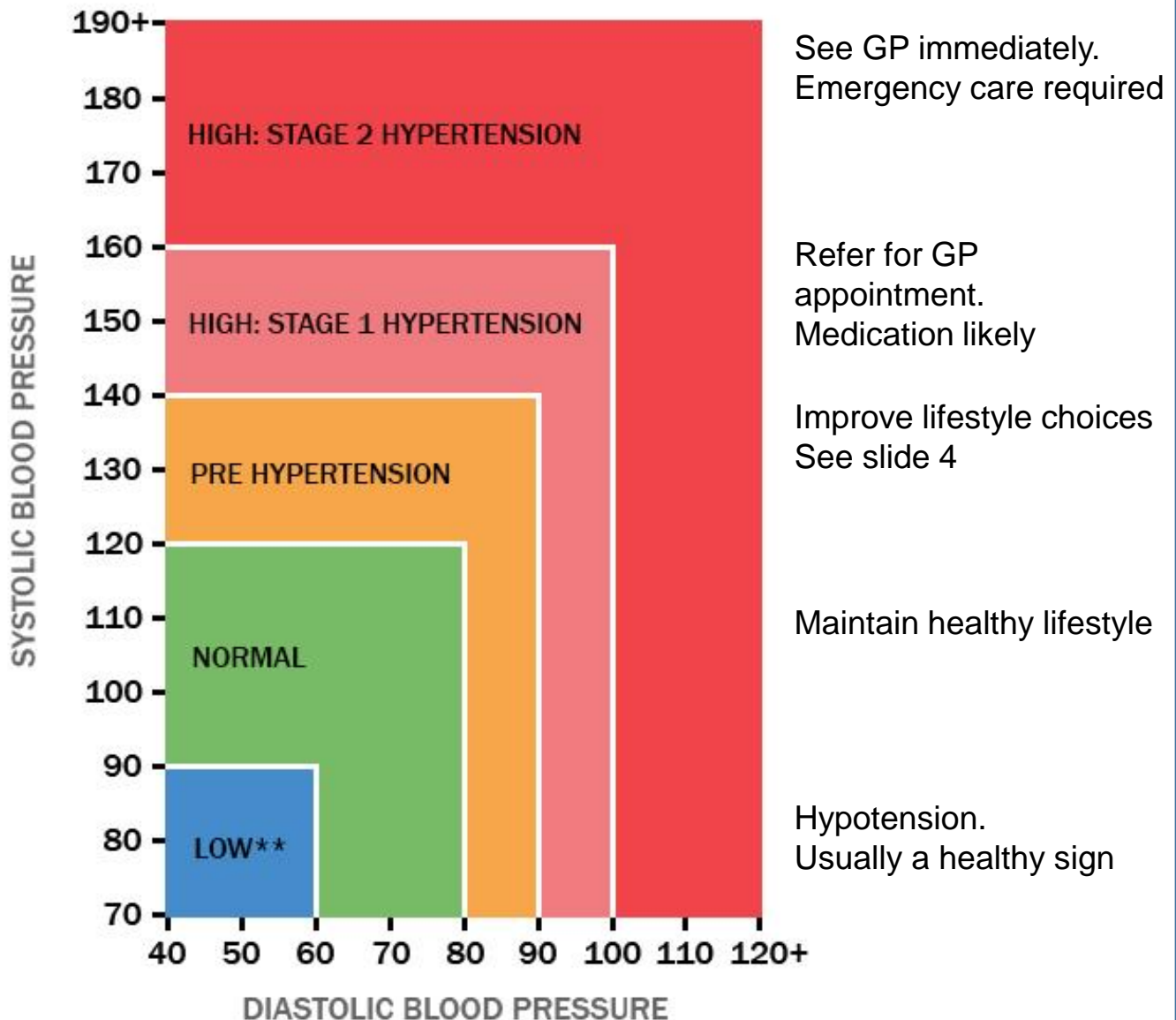
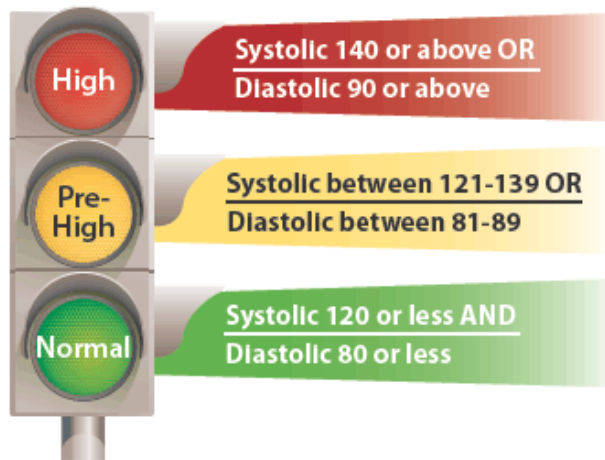


How we rate your blood pressure



How high blood pressure can affect your health

- Your beating heart pumps blood containing energy and oxygen to where its needed around your body.
- The force that this pumping exerts on your artery walls is your blood pressure.
- If your blood pressure is too high it places extra strain on your heart and blood vessels.



STROKE

HBP can cause blood vessels in the brain to burst or clog more easily.



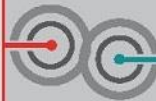
VISION LOSS

HBP can strain the vessels in the eyes.



HEART FAILURE

HBP can cause the heart to enlarge and fail to supply blood to the body.



HEART ATTACK

HBP damages arteries that can become blocked.



SEXUAL DYSFUNCTION

This can be erectile dysfunction in men or lower libido in women.



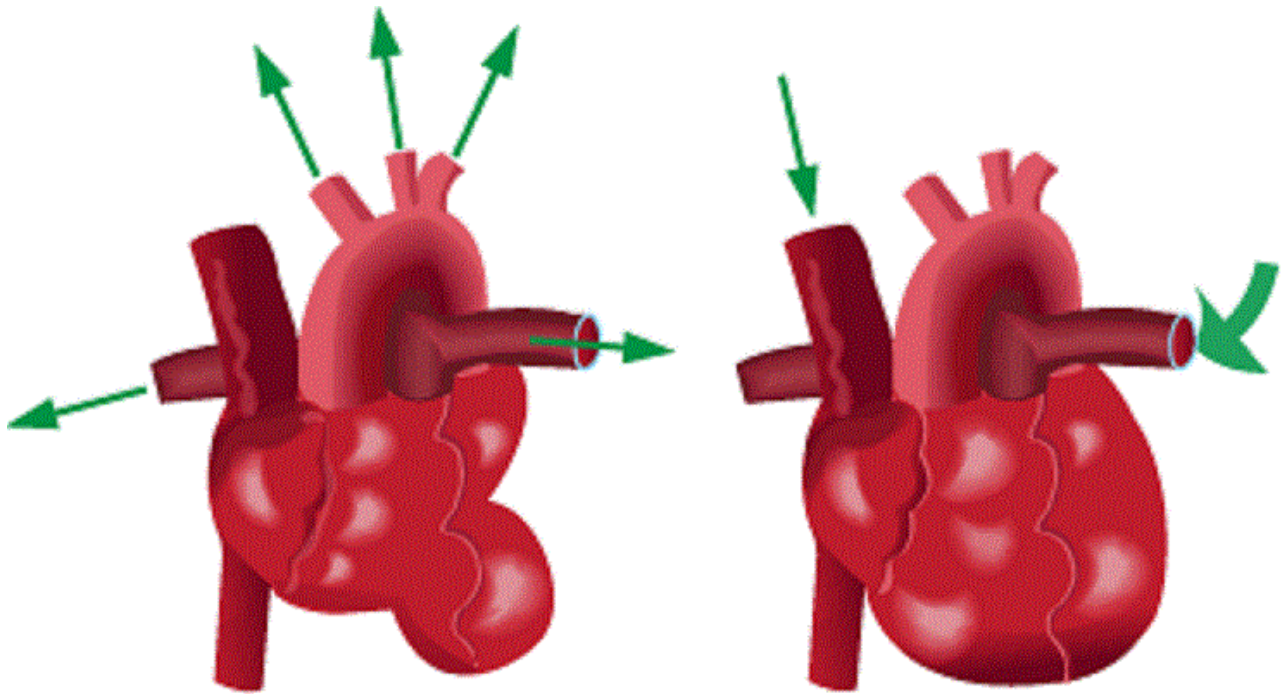
KIDNEY DISEASE/ FAILURE

HBP can damage the arteries around the kidneys and interfere with their ability to effectively filter blood.



How we measure your blood pressure

Blood pressure is measured during two phases of the heart beat



Systolic Phase:
The heart contracts pushing blood out along the arteries.
Blood pressure rises

Diastolic Phase:
The heart relaxes sucking blood in from the arteries.
Blood pressure falls

For an accurate read, avoid factors which can temporarily affect blood pressure:

- Caffeine intake in the previous 120 minutes.
- Exercise in the previous 60 minutes.
- A meal in the previous 30 minutes.
- Smoking in the previous 15 minutes.
- Stress.
- Cold room temperature.

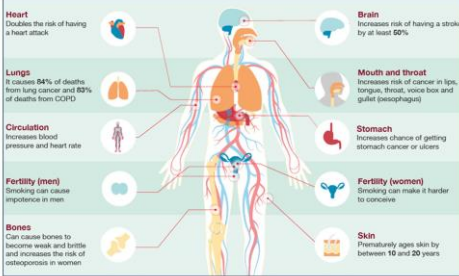
How to improve your blood pressure

Stop Smoking

Vital Signs Assessment. Fact Sheet
Smoking



Health effects of smoking.



It's not too late to stop smoking



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Keep Active

Vital Signs Assessment. Fact Sheet
Keeping Active



Keeping active is good for almost every aspect of your health

- Maintains your bones, keeps your joints supple, helps your posture.
- Reduces your heart age.
- Helps you sleep.
- Burns off those calories and keeps your weight down.
- Hydrates and freshens your skin making you look younger.
- Reduces the symptoms of anxiety and depression.

Here are some activities and the calories you can burn in 30 minutes.

YOGA (HATHA)	VACUUMING	WALKING	GARDENING
95 calories	130 calories	135 calories	145 calories
CLIMBING STAIRS	ROWING MACHINE	HIKING	BADMINTON
155 calories	185 calories	205 calories	215 calories
SWIMMING (LEISURELY)	JOGGING	AEROBICS	TENNIS
235 calories	270 calories	285 calories	285 calories
CYCLING	DANCING	MARTIAL ARTS	RUNNING (7 MPH)
290 calories	300 calories	400 calories	425 calories

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Cut out the salt

Too much salt increases water retention which increases blood pressure.

Eat Healthily

Vital Signs Assessment. Fact Sheet
Healthy Eating



Follow the Eatwell Guide to what you should eat from each of 5 food groups.



1. Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible.
2. Drink 6-8 cups/glasses of fluid a day. Fluids high in fat, salt or sugar should be drunk in small amounts.
3. Choose unsaturated oils and spreads and eat in small amounts.
4. Have some dairy or dairy alternatives (such as soya drinks); choosing lower fat and lower sugar options.
5. Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily).
6. Eat at least 5 portions of a variety of fruit and vegetables every day.

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Increase your potassium

Helps reduce water retention and blood pressure. Eat potassium rich foods such as; dark leafy greens, bananas, potatoes and avocados.

Avoid Stress and Anxiety

Mind Matters Assessment. Fact Sheet
Anxiety & Depression



How to interpret my Mental Wellness Score

Impact on my daily life

Minimal	Mild	Moderate	Moderately Severe	Severe
No Symptoms	Some symptoms	Several symptoms	Many symptoms	Many symptoms
No impact on daily life	Limited impact on daily life.	Daily life difficult	Almost impossible to get through daily life	Almost impossible to get through daily life

Everyday ups and downs	Anxiety
Worrying about making ends meet or the worst that could happen	Caring too much. Worried that something bad might happen
Embarrassed or self-conscious in an uncomfortable or awkward social situation	Constant and unsubstantiated worry
Nerves before the big event	Avoiding social situations for fear of being judged, embarrassed or humiliated
Realistic fear of a risky situation	Un-prompted panic attacks and pre-occupied by fear of the next one
	Irrational fear of a low / no risk situation

Everyday ups and downs	Depression
Tired after a bad night's sleep	Not caring enough. Expect something bad will happen
Temporarily distracted from life's pleasures	Constant fatigue, aches and pains for no obvious reason
	Can't remember when you last really enjoyed something, can't concentrate, forgetfulness
Bad news or a setback but you know you'll get back up, brush yourself down and get on with life	Helpless, worthless, feel like giving up, even thoughts of suicide

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