



Employee Wellness

Health Road Trip



Pressureburgh
Pennsylvania



Keep It Low For A Healthy High

Pressureburgh, Pennsylvania's reputation as a healthy, low pressure city was pumped up by a young fellow named Dan Steeley. His is a story of courage and iron will. His dream to play for the Pressureburgh Steelers was put on hold after an illustrious college career so he could care for his father who suffered a stroke.

Dan worked long and hard to support his father, and one day had an "off-the-cuff" idea to pursue his dream of playing for the Steelers. But there was a problem. Even though Dan pumped iron regularly at the local gym, he had fallen into a rut that included regular drinking, smoking and munching high-fat, salty snacks at the local pub where he met his friends after work.

When it came time to try out for the Steelers, the team doctor told Dan that despite his abs of steel, his health – especially his blood pressure – put him in an "either-ore" situation. Dan needed to start "mining" good health habits, or he'd never make the team.

Dan took the doctor's advice to heart and put his iron will and determination to work. He changed his diet, quit smoking, stopped drinking, and added

aerobic activity to his workouts. Along the way, he regularly monitored his blood pressure at the Pump Station. With the support of his friends, family and the community, Dan made the team and enjoyed a long career.

In retirement, Dan repaid his community for all the support by opening the Welder's Shop, which was designed to connect people to the tools they needed to get their health back on track.



Dan Steeley learned a lot about the risk factors associated with high blood pressure. He worked with the team doctor to put together a health education program for the Steelers. The program was such a success and the information so helpful that the highlights were printed in the Steelers' program at each game so the fans could learn about the risk factors for high blood pressure too.

STEELERS' PLAYBOOK FOR REDUCING RISK

Whether it is the game of life or the game of football, you can count on certain circumstances to affect your game. Some you can control. Others you cannot.

Here are the risk factors for high blood pressure that you can't control (But it sure helps to know about them!):

HEREDITY: High blood pressure tends to run in families. If you have close relatives who suffered strokes or heart attacks at an early age or who have high blood pressure, you should make an extra effort to check your blood pressure regularly.

AGE: Usually the older you are, the more likely you are to develop high blood pressure.

GENDER: Men are more likely to develop high blood pressure than women until about age 45. At this age, a women's risk for high blood pressure increases.

RACE: African Americans develop high blood pressure more often than other races and ethnic groups. And the high blood pressure tends to be more severe and develop earlier in life.

Sitting on the sidelines with high blood pressure is no game plan. There are many risk factors for high blood pressure that you can control. Here are some secrets that team members shared.

You've got to tackle...your weight. Being overweight increases your risk for developing high blood pressure. Losing as little as ten to twenty pounds can significantly reduce high blood pressure.

You always have the option to pass...on drinking alcoholic beverages. Studies have shown that heavy and regular consumption of alcohol can elevate blood pressure dramatically.

Take a timeout...to rest and relax. High stress levels are associated with not-so-healthy behavior choices like skipping exercise, eating high sodium foods, and overeating.

Call a substitution...for high sodium foods. A diet high in sodium and low in nutritional value increases your risk for developing high blood pressure.

A good tight end is nice...but if you have high blood pressure, regular moderate- or vigorous intensity exercise can help keep you fit and lower blood pressure.

You've got to kick...the tobacco habit. Smoking or chewing tobacco raises your blood pressure and increases your risk for heart disease and stroke.

Work together with your team...to control your blood pressure. Follow the game plan that you and your health care provider decide upon together. Take your medication, if prescribed, as directed.

Aim for the goal...there will always be blockers who get in your way, but if you stay focused on your goal, you will always come out a winner!



WELLNESS CHALLENGE PRESSUREBURGH, PENNSYLVANIA

Watch the Sodium:

While it will help, putting down the salt shaker is not going to be enough to significantly reduce your sodium intake.

According to recent studies, nearly 80 percent of the sodium we consume is added to food before we open a container or order it at a restaurant.

Learning the sodium content of the foods you consume most frequently is the first step. Once you have a better understanding about the sources of sodium in your diet, you can begin to put together a game plan for how you can reduce your overall sodium intake.

This month, HealthTrip travelers are challenged to read food labels and seek out information about the sodium content of the foods they most frequently consume. Each day, the traveler is challenged to take a closer look at one food they eat and record the sodium content of it. The traveler should plan to focus on a different food each day of the month.

Don't forget to download your tracking sheet here:

<https://www.weber.edu/wsuiimages/employee wellness/Challenges/Health%20Road%20Trip/Tracking%20Sheets/Pressureburgh%20Travel%20Log.pdf>

UPCOMING EVENTS:

Cooking Demo: Wednesday, September 16

Wednesday, September 23

Training Tracker # 810-13

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