

health

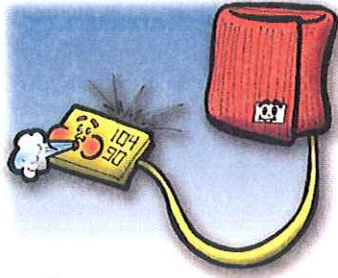
Control Your Pressure

Adopting healthy habits is an effective first step in both preventing and controlling high blood pressure.

Here are several tips: • Eat healthy. Try fat free (skim) milk or lowfat (1%) milk. Buy cheeses marked “lowfat” or “fat free” on the package.

Choose to eat fruits and vegetables without butter or sauce. Serve rice, beans, cereals, pasta, and whole grains – couscous, barley, bulgar, etc. Choose lean cuts of meat, fish, and skinless turkey and chicken. When available, buy low- or reduced-sodium or no-salt-added versions of foods. • Maintain a healthy weight. Losing even 10 pounds can help lower your blood pressure. • Exercise regularly. Get started by doing 30 minutes of a moderate-level activity on most, and preferably all, days of the week. Brisk walking, bicycling, and gardening are examples. • Limit alcohol intake and quit smoking. • Reduce stress in your life.

Source: National Heart Lung and Blood Institute, www.nhlbi.nih.gov/hbp/treat/treat.htm



Recognize the Signs of Stroke

Stroke is a medical emergency. Every second counts.

Know these warning signs of stroke and teach them to others:

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden, severe headache with no known cause. Call 911 for help immediately.

Source: American Stroke Association, www.strokeassociation.org

Avoiding Eye Allergies

- Stay indoors as much as possible when pollen counts are high.
- Keep windows closed and use air conditioning in your car and home.
- Wear glasses or sunglasses when outdoors to reduce pollen getting into your eyes.
- Avoid rubbing eyes, which will only irritate them or make your condition worse.
- Clean floors with a damp rag or mop rather than dry dusting or sweeping.
- Wash your hands after petting any animals.

For more tips, visit the American College of Allergy, Asthma, and Immunology at <http://www.acaai.org/public/eyeALLERGY/eyeBrochure.htm>.



Workout

Just as your thoughts of exercise (how long?) Now, flex slowly with tension, like one day won't make your hands and arms may shake. You won't believe the position. Remember to turn those navel muscles tight and

When you begin to exercise anytime, short workouts don't seem to be everywhere. You burning calories like you're on the telephone? It just throughout the day with both hands free, you're work out at one speed your teeth is a great time

Whether you're indoors on a week, minutes to take on an opportunity to tone up. It's not like a chore. With a example, throw in a few minutes of your metabolism charged for the water to finish the day is over, you'll apart, stretch out your arms, not guilty, defeated (fingers extended) your arms toward

you're resisting against the start flowing and take short that fish really exercises into your daily as you resist back breathe deeply, keep your shoulders relaxed and your arms contracted. Shake

Creative nook know that little “s became your new free to shape that to do squats. And alone provide you exercise. The cre

Working out a little creativity, you and your body so feel stronger and or weary.

Now, let your on the day by in lifestyle.

Wendie Pett is a mother of a young girl. She is the author of *Every Woman's Guide to Perfecting Your Body*, *Miracle Seven*, as well as *The Bronze Bow Publishing Training System that Maximizes Strength and Flexibility*. For more information on Wendie's fitness programs, visit www.bronzebowpublishing.com

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London, ON * N6H 1S5
Website - www.wellchiro.com

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Set You Free

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own gym, you're free to did you know that a few nge your metabolism, e fact, flexible workouts