Trick or Treat is a common saying in October. This is a good time to treat yourself and not be tricked. The American Heart Association recommends to keep your blood pressure less than 120/80.

Have you checked your blood pressure lately?

There are three blood pressure machines available for your use at church.

Location of machines:

1. Vestibule going into Community Center
2. The Fitness Room
3. The room off the foyer in the front lobby of church

Ask your healthcare provider what your blood pressure should be.
5 Ways you can control your blood pressure

1. Lose a few pounds. Measure your waist at your belly button - Men your goal is to keep your waist less than 40 inches; women less than 35 inches.

2. Exercise Regularly. The American Heart Association recommends 150 minutes of physical activity weekly. Start slow and gradually add to your endurance. Make physical activity fun-do something you enjoy!

3. Reduce salt (sodium) in your diet. The American Heart Association recommends keeping your daily sodium (salt) intake to less than 2300 mg - this is less than 1 teaspoon daily. Eat fewer processed foods - these tend to have lots of salt (sodium) content. Read your food labels for the sodium content.

4. Eat a healthy diet. Include whole grains, fruits and vegetable and low fat dairy products. Read your food labels to see how much saturated fat/trans fat and cholesterol it contains.

5. Reduce your stress. You may need to change your expectations - you cannot control every situation or circumstance. Try not to overschedule yourself - you may need to say “No” to certain requests. Make time to relax and enjoy - take a deep breath and sit quietly and reflect on your blessings/accomplishments.
Cooking Matters at Dunnville Christian Church with Casey County Extension

Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God.
I Corinthians 10:31
Walk Across America

This activity started September 16, 2018. There is a mileage log and map in the foyer to log your miles and watch your progress how far you are traveling. One mile is 5,280 feet. Each step adds up for your health so START MOVING!

Freedom From Smoking Classes are still ongoing with great participation.

What’s Next?

Chair Exercises starting on Tuesdays, beginning November 13 at 10 am –11 am for six weeks. Call 606-787-6911 EXT. 7270 to reserve your seat!

January 2018—Daniel Diet will be offered. For more information see Matt Loper or Ashley Neat. Will be meeting in small groups.

February 2019—Check, Change & Control will be offered. This is a 4 class series on managing your blood pressure from the American Heart Association

Spring 2019—5K is planned-no date set yet.

Spring 2019—Biometric screenings will be available. With a finger stick you will be able to know your cholesterol levels and blood sugar. Stay tuned for more information and dates.

Lake Cumberland District Health Department
A Healthy Today for a Brighter Tomorrow