

MERRITT

Wellness

Committed to the Health of our Family

August 2013

Fighting the Silent Killer

According to the American Heart Association, about one in three U.S. adults have high blood pressure or hypertension, but because there are no symptoms, nearly one-third of these people do not know they have it. In fact, many people have high blood pressure for years without knowing it.

Uncontrolled high blood pressure can lead to stroke, heart attack, heart failure or kidney failure. This is why high blood pressure is often called the "silent killer." The only way to tell if you have high blood pressure is to have your blood pressure checked.

Exercise is Medicine

The notion that exercise is medicine is true. Through exercise, you can control your blood pressure and decrease your chance of a heart attack or stroke. Exercise generally decreases both the systolic and diastolic components of your blood pressure value by about ten points. This change does not take years of work, but can occur as early as one to three months after beginning an exercise routine. Many people worry about the cost and effects of prescription pills, yet regular physical activity can provide the same benefits.

Exercise can also help lower your chance of heart disease through weight control. Blood pressure can increase with unhealthy weight gain. Losing just ten pounds may reduce your blood pressure significantly. Studies from The Cooper Institute demonstrate that individuals with high blood pressure who exercise regularly have lower death rates than those that do not exercise.

Aerobic exercise is the best exercise to help decrease high blood pressure. This can include walking, jogging, swimming, cycling or group fitness classes. These exercises do not have to be strenuous activities. A good rule is your heart rate and breathing should be increased, but you should still be able to carry on a conversation.

National guidelines derived from research from The Cooper Institute recommend accumulating 30 minutes or more of exercise on most days of the week with a goal of accumulating a total of 150 minutes per week. While finding 30 minutes of free time each day can seem like an impossible feat, begin with baby steps. This time can be broken up into smaller segments throughout the day.

To continue to see benefits you must maintain a consistent exercise routine. So, to keep yourself on track, try to make exercise enjoyable and interesting. Grab a friend or vary the frequency, intensity, amount of time or the type of exercise. Whatever you do, keep moving!

Article provided by Cooper Clinic Nutrition Services.

Don't Forget to Check out this month's podcast and monthly exercise!

Each month we release an exercise of the month as well as a short podcast to help you in your wellness journey. These tips are posted on our Merritt Wellness Pinterest & Facebook pages as well as on the Wellness page on Sharesite.

On Pinterest: Search for Merritt Wellness and follow for great recipes, work out tips as well as monthly exercise videos and podcasts. Make sure to share this with other family members that might also find this information helpful.

On Facebook: Search for Merritt Wellness under Communities and "Like Us" today to stay up to date with our monthly exercise and podcasts.

On Sharesite: Visit the Merritt Wellness homepage (link at bottom of main Sharesite page) and links to monthly exercise and podcasts are in the upper right hand side.

Join the Merritt Team Today for these Upcoming Walks! *See Meg to Sign Up*



2013 Greater Baltimore Walk to End Alzheimer's
Saturday, October 12, 2013 | Walk Starts 10:30 a.m.
Oregon Ridge Park ~ Baltimore, MD 21030
Registration: 9:00 a.m. | Pre-Walk Ceremony 10:00 a.m.



2013 Greater Baltimore Heart Walk
Saturday, October 19
Camden Yards Sports Complex, Baltimore, MD



Making Strides of Baltimore, MD
Sunday, October 27, 2013 ~ 9:00AM
Harry & Jeanette Weinberg Y at Stadium Place
900 E 33rd St, Baltimore



The **Komen Maryland Hunt Valley Race for the Cure** will be on Sunday, Oct. 20, 2013.

Take Our Telephonic Coaching Survey

Merritt cares about the quality of the services that are provided to you! Please help us evaluate and going to the website below and filling out a short survey regarding your telephonic coaching experience this year: <https://www.surveymonkey.com/s/ZR8RRTJ>

[surveymonkey.com/s/ZR8RRTJ](https://www.surveymonkey.com/s/ZR8RRTJ)



Be on the look out for upcoming new programs & challenges!

As we get closer to our fall biometric screening look for upcoming Quick Fire challenges as well as additional educational seminars. Plans are in the works now and details will follow shortly either in an Merritt Wellness email or next months newsletter.

Also, start putting your thinking cap on as in the fall /winter we will be holding a Create Next Year's Challenges contest where we want YOU to submit your best idea for a wellness challenge which will then be voted on by the group.

Please feel free to contact any of the committee members for additional information or share any ideas you may have for upcoming events, newsletter articles, contests, questions, seminars, & more.

Committee Members: Tracy Funk, Ken Jonmaire, Holly Moye, Meg Truchon, Pam White

Send all ideas to : MerrittWellness@merrittproperties.com

Reminder: Additional helpful articles can be found by logging onto BHSONline.com using User Name Merritt.