



# State of Nevada

Department of Administration

# Peak Performance

Risk Management Division

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## HIGH BLOOD PRESSURE

High blood pressure, or hypertension, is a condition in which your resting blood pressure is consistently measured at 140/90 or greater. Nearly one in three adults in the United States has high blood pressure.

Each time the heart beats, it pumps out blood into the arteries. Blood pressure is highest when the heart beats (called systolic pressure) and lowest when at rest (diastolic pressure). This is why blood pressure is always given in two numbers, such as 120/80, which is considered the normal range. Once the level reaches 140/90 or above, the heart and arteries work harder and the chances of a stroke, heart attack or kidney problems are greater.

### Causes and Risk Factors

No single cause has been identified in people with high blood pressure, but research is ongoing. In some people, it is the result of another medical condition or medication. When the cause is known, this is called secondary high blood pressure. Research has shown that the following factors put you at a higher risk for high blood pressure: Obesity, being of African descent, family history, if male, being over 45; if female being over 55, having prehypertension, excessive salt and/or alcohol consumption, not enough potassium in the diet, being physically inactive, having ongoing stress, smoking.

### Symptoms

Those with high blood pressure may have it for years without knowing, due to its lack of symptoms. The only way to find out is to have routine blood pressure checks during every visit to the doctor.

### The Importance of Treatment

The first and best course of action when high blood pressure is discovered is to change eating and exercise habits. However, sometimes even when a person makes healthy changes, blood pressure remains high. In that case, a physician will most likely prescribe a blood pressure medication. If left untreated, high blood pressure can cause:

Enlarging of the heart, which leads to heart failure; aneurysms in the arteries of the heart, brain, legs, intestines or spleen; narrowing of the blood vessels in the kidney, leading to kidney failure; hardening of the arteries, which can cause a heart attack, stroke or kidney disease; blood vessels bursting in the eyes.

### Prevention

High blood pressure can be easily prevented in some cases. Some of the best ways to avoid the condition include: Limiting salt, fats and alcohol; eating healthy foods such as fruits, vegetables, whole grains and low-fat dairy products; maintaining a healthy weight; being physically active; quitting smoking.

# Congratulations Peak Performers

Employees who Achieved 16 METS or Better  
May 2016 through September 2016

Last Name:	First Name:	Agency	METS
Atherton	Richard	DOC	18.2
Halsey	David	DOC	17.0
Schultheis	Randall	DOC	19.2
Penn	Anthony	DMV	16.9
Rasor	Andrew	DPS – I	19.0
Kellermeyer	Eric	Lakes Crossing	16.1
Comba	Michael	NHP	17.0
Hartline	Todd	NHP	16.3
Konrad	Tina	NHP	16.5
Osterman	Michael	NHP	16.3
Peoples	Johnny	NHP	17.0
Solow	Daniel	NHP	20.0
Stapledon	Michael	NHP	17.0
Timm	Michael	NHP	17.0
Young	Marshall	NHP	17.5
Bowers	Eddie	P&P	16.9
Forbes	Jena	P&P	21.0
Trzpis	Matthew	P&P	16.0
Misiti	Robert	State Parks	17.0
Hesterlee	Quinn	Wildlife	16.5
Lusetti	Randy	Wildlife	17.0

## *2016 Fall Waist Circumference Challenge*

The Second 2016 Wellness Challenge is in full swing! The Challenge is for all sworn Officers and Firefighters. It began on September 19<sup>th</sup> and ends on November 7<sup>th</sup>. The winners will be determined by total loss of inches around their waist. All participants will check in with a representative at their work place every week during the Challenge to have their waist circumference measured. The top 2 Officers and/or Firefighters to lose the most inches around their waist will win Challenge cash prizes.

To help participants along the way, you will receive weekly weight loss/exercise tips in your email box. Please contact [Laura Streeper@WillisTowerWatson.com](mailto:Laura.Streeper@WillisTowerWatson.com) if you need additional assistance or if you could use a motivation boost!



## Six Tips for Fall Fitness

Whether you spent the summer scaling mountains or doing laps in your gym's outdoor pool, exercising outside doesn't have to end when the first leaf drops. In fact, fall is a great time to harvest a new routine to re-energize your workout. Consider the following tips and get motivated!

### **Enjoy the foliage.**

Exercising outside feels like a lot less work, especially if you're doing something you enjoy. Relish the cooler weather and take advantage of outdoor adventures before the winter rolls in.

### **Layer up.**

The change in season brings about a change in climate. Depending on where you live, temperatures could gradually decrease or drastically dip over the next month. Keep this in mind as you plan outdoor activities and invest in breathable, moisture-wicking clothing. Though you may feel chilly at first, your body will quickly warm up once your blood starts pumping so you don't want to overdress either. For those cold morning runs, a hat will help insulate your head where you lose the most heat.

### **Be safe.**

Shorter days bring dark mornings and evenings, but this shouldn't deter you from an outdoor exercise regime. Just be smart about it wear reflective workout clothes and carry a flashlight to illuminate your path. All early morning and evening exercisers should opt for designated paths or head to the local school tracks.

### **Work out at home.**

Now that the days feel shorter and the holiday season is looming, fitting fitness into your daily routine may feel impossible. But remember, even 15 or 20 minutes is enough time to get in a quick workout-think living room aerobics or a quick dash around the neighborhood. Be prepared for those fleeting moments of free time with fitness DVD's or better yet, hit up Hulu for free workout tutorials on Exercise TV.

### **Get the right gear.**

For the most part, you can challenge your muscles with your own body weight and avoid all that specialty super-expensive equipment advertised on TV. However, some items are helpful to your results, like hand weights or resistance bands.

### **Weigh yourself regularly.**

With colder weather comes bulkier clothes, and I find it easy to overlook a few extra pounds through chunky sweaters. Combat this oversight by weighting yourself regularly, preferably at the same time every day to get the most accurate reading. For help tracking your weight and exercise progress over time, try Fitbit's Aria Wi-Fi Smart Scale, which wirelessly syncs to a free and private online account each time you step on the scale. You'll get stats with easy-to-read graphs of important body measurements including weight, BMI and body fat percentage over time.

By Andrea Woroch for GalTime.com

## NUTRITION TIPS FOR WHEN YOU ARE ON THE GO

Changing your eating habits can be very challenging, especially if you are constantly on the go. Read on for suggestions on how to cut calories and fat when eating out is your only option.

### Consider your drink

Beverages with added sugar can cause an otherwise healthy meal to go downhill quickly. Instead choose water, fat-free or low-fat milk, or unsweetened tea.

### Go for the Greens

Start your meal with a salad packed with vegetables to help you feel satisfied sooner. Ask for dressing that is vinegar based, or choose your favorite flavor and ask for it on the side. Only use about half of the serving to cut down on calories and fat.

### Go with an appetizer

Many entrée sized portions can also be ordered as an appetizer. They are typically served in smaller portions, so you won't be tempted to finish your plate and over eat.

### Avoid the Buffet Line

Avoid the buffet table as often as possible. This will only encourage overeating and the deep fried, cheese laden options may get the better of you. If you have no other choice, select from items that are steamed, grilled, or broiled. These dishes will have fewer calories and will offer more nutritional value.

\*Adapted from [www.choosemyplate.gov](http://www.choosemyplate.gov)

### Fact

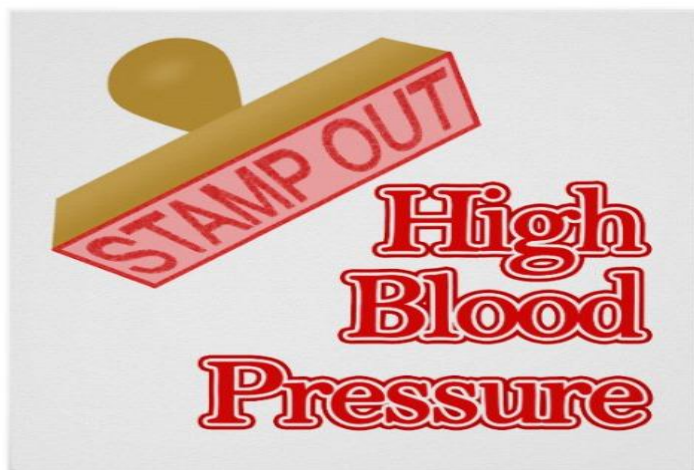
For someone without diabetes, a fasting blood sugar on awakening should be under 100 mg/dl. Before-meal normal sugars are 70–99 mg/dl. "Postprandial" sugars taken two hours after meals should be less than 140 mg/dl.

Jan 13, 2016 WebMD

## Healthy Road Trip

Road trips can take a toll on everyone – here are some ideas to keep things healthier while on the open road:

- **Make "rest breaks" active:** pick a road stop or park and get the family out of the car to take a brisk 10-minute walk and move around. Not only will it burn off some energy, but it can also help the driver feel rejuvenated and more alert.
- **Pack healthy snacks:** finding healthier snacks at road stops can be difficult. Pack apples, grapes, raisins, whole grain fiber-rich crackers or another favorite low fat, low sodium healthy snack to take with you.
- **Pack to play:** plan to incorporate regular physical activity into your daily routine while you're away from home. Pack a football, soccer ball, Frisbee, or paddle balls so that you can be physically active throughout your downtime.
- **Reach for water:** sitting in the car for long periods of time can make it tempting to drink soda, which has extra calories and added sugar. Pack water (flavored or regular), fat free or low-fat (1%) milk and small portions of 100% juice to quench your thirst.



We will continue to keep you informed on topics ranging from the Heart and Lung Program, to diet, exercise and nutritional advice. We are always looking for guest contributors to relate personal accomplishments and success stories. We encourage you to drop Risk Management a note at 201 S. Roop Street, Ste 201, Carson City, NV 89701, or call Marlene Foley at (775) 687-3194 or contact her by email at [mfoley@admin.nv.gov](mailto:mfoley@admin.nv.gov). You can also contact the State Health and Wellness Coordinator, Laura Streeper, at (775) 323-1656 extension 23, or by email at [LauraStreeper@WillisTowersWatson.com](mailto:LauraStreeper@WillisTowersWatson.com) for a free individualized consultation in regard to addressing your risk factor(s) or request information on wellness and a heart healthy lifestyle.