

Are You Keeping Company with a Silent Killer?

What would you do if you found out you were walking around with a silent killer? Well, over 30 million Americans are doing just that! They are walking around with high blood pressure and do not know it because most of the time, high blood pressure has no symptoms. That is why high blood pressure is known as the “silent killer.” Untreated or poorly managed high blood pressure increases your risk for heart disease, stroke, and even kidney problems.

Many times people with high blood pressure are told by their health care professional that they must lose weight and increase their physical activity level. As anyone knows, these recommendations are not easy to follow.

Many people wonder how losing weight and walking more could help their blood pressure go down. Long term studies have shown that losing as little as 10 pounds can lower blood pressure a few points. Losing more weight can produce even greater results especially if the weight is lost from the abdominal area. Besides reducing your calorie intake, walking can help take off that abdominal fat.

Anyone who has tried losing weight and increasing their physical activity knows these endeavors are easier if you can do them with a group of co-workers, friends, or family. Texas Cooperative Extension is offering an opportunity to help you get started by participating in Walk Across Texas! Not only will you have a chance to get started on your walk towards better health, but you will also have an opportunity to participate in an eight week weight loss program. Call your Extension office at _____ to sign up and receive further information. We are offering a no cost way to get started.

Remember, if you have high blood pressure, always check with your doctor regarding whether walking or losing weight is advisable for you. Also, keep taking your blood pressure medication unless your doctor tells you to stop.