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Wellness Works

Do you know your numbers?

You may have heard that knowing your blood pressure, cholesterol and glucose levels, and body mass index (BMI) can help you stay healthier. But a different set of numbers may be even more worth-while to focus on, says Dr. Thomas Syltebo from Portland's Kaiser Permanente Northwest:

- Blood pressure
- BMI
- Minutes of physical activity per week
- Number of cigarettes/cigars smoked per day

WHY?

High blood pressure (BP) is often called the 'silent killer' due to increased risk of heart attacks, strokes, and type II diabetes. BP is a measurement of the force applied to the walls of the arteries as the heart pumps blood through the body. The pressure is determined by the force and amount of blood pumped, and the size and flexibility of the arteries.

UTILIZE YOUR RESOURCES

CIS Benefits has resources, tools, and programs to help you reach your goals at www.cisbenefits.org >Healthy Benefits & Wellness

Quit for Life tobacco cessation program

Healthy Eating & Weight Management reimbursement programs

Online programs & Rewards physical activity & healthy living tracking at www.myRegence.com

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A reading of 120/80 is considered normal. Know your numbers, and ask your doctor if you're at risk for high blood pressure. And remember, lifestyle changes such as quitting smoking and increasing exercise can reduce blood pressure.

BMI (body mass index) measures the relationship of your weight to your height. A high BMI is linked with many health conditions and cancers (breast, kidney, prostate). A BMI above 18.5 and less than 25 is considered normal; 25 to 29 creeps into the overweight category; 30 and above is considered obese.

The target number for **minutes of physical activity per week** should be 150. While that may sound like a lot, remember that all activities count – walking, mowing your lawn, sports, hiking... even cleaning the house and taking the stairs instead of an elevator. Plus, the time can be broken down in whatever way works for you – maybe 30 minutes, 5 days a week, or two 15-minute sessions five days weekly.

Cigarettes/Cigars Smoked Per Day – It's no secret that tobacco use is one of the hardest addictions to overcome. It's also no secret that tobacco use in any amount has a negative effect on health and quality of life. One way to begin thinking about quitting is to be aware of the number of cigarettes/ cigars smoked per day.

CIS Benefits has resources, tools, and programs to help you reach your goals at www.cisbenefits.org >Healthy Benefits & Wellness

Online & community programs and Thrive physical activity tracking at www.kp.org

Phone or in-person one-on-one coaching/counseling/tips to help you make your plan for change through the Employee Assistance Program

It's all about **TRUST.**

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