1 IN 4 NEW YORKERS HAS HIGH BLOOD PRESSURE. ARE YOU ONE OF THEM?

HEART DISEASE IS A LEADING CAUSE OF DEATH FOR NEW YORKERS.

YOU CAN REDUCE YOUR RISK.

TAKE THE FOLLOWING 6 STEPS TO IMPROVE YOUR HEART HEALTH:

KNOW AND CONTROL YOUR BLOOD PRESSURE

High blood pressure often has no symptoms. Learn how and where to check your blood pressure.

BE ACTIVE

Aim for 30 minutes of physical activity, five days a week. Make NYC your gym or join a Shape Up NYC fitness class!

EAT HEALTHY, AND LIMIT YOUR SALT INTAKE

Too much salt can raise your blood pressure. Use food labels and the sodium icon to find lower-sodium foods.

LIMIT YOUR DRINKING

Stick to 1 drink a day for women or 2 drinks a day for men.
Concerned about risky drinking? Seek support for you or a loved one with the NYC Employee Assistance Program (EAP).

IF YOU SMOKE, QUIT

After one year smoke-free, your heart disease risk is cut in half!
Ready to quit? The ESCAPE program offers free counseling and medication.

PREVENT DIABETES

Diabetes increases your risk for heart disease. Find out if you are at risk and learn about WorkWell NYC's Diabetes Prevention Program (DPP).

WorkWell NYC is here to help! Visit bit.ly/HeartHealthMonthNYC
for resources and programs to help keep your heart healthy.

up next:

MARCH IS NATIONAL NUTRITION MONTH

Join WorkWell NYC each Wednesday in March for lunchtime webinars featuring practical healthy eating options for adults, children and more!
Register here: bit.ly/NutritionWebinars

WorkWell NYC
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Healthy Workforce. Healthy City.

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