

Do Now:



1. What is high blood pressure?
2. List three way to reduce high blood pressure.
3. Why is having high blood pressure a concern?

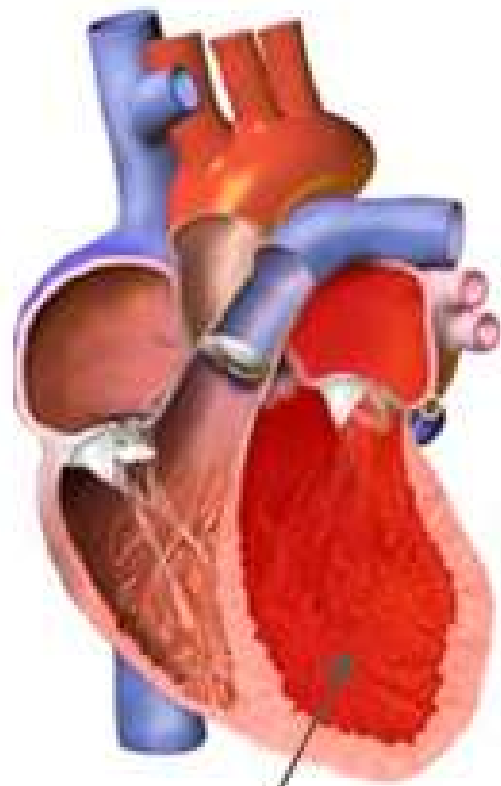
Hypertension



What is hypertension



- The physical force exerted by the blood as it pushes against the walls of the arteries.
- An elevated blood pressure means that the heart must work harder to pump blood.
- High blood pressure can also damage the walls of the arteries.
- With time, hypertension increases the risk of heart disease, kidney disease, and stroke.



Enlarged heart (heart failure)

High Blood Pressure

- > High blood pressure is a sign that the heart and blood vessels are being overworked.
- > Untreated, the disease can lead to atherosclerosis and congestive heart failure.
- > Heart disease contributes to 75% of all heart attacks and strokes.

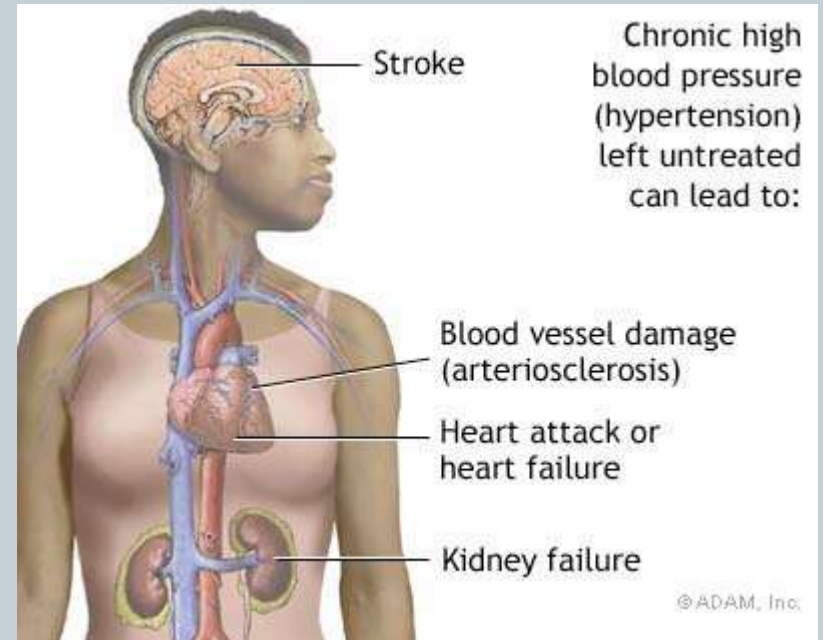


Atherosclerosis

Symptoms

- “silent killer”

- Major risk for strokes and heart attacks
- If not treated, lungs, brains, kidneys, heart and circulation may be damaged
- Cause is unknown

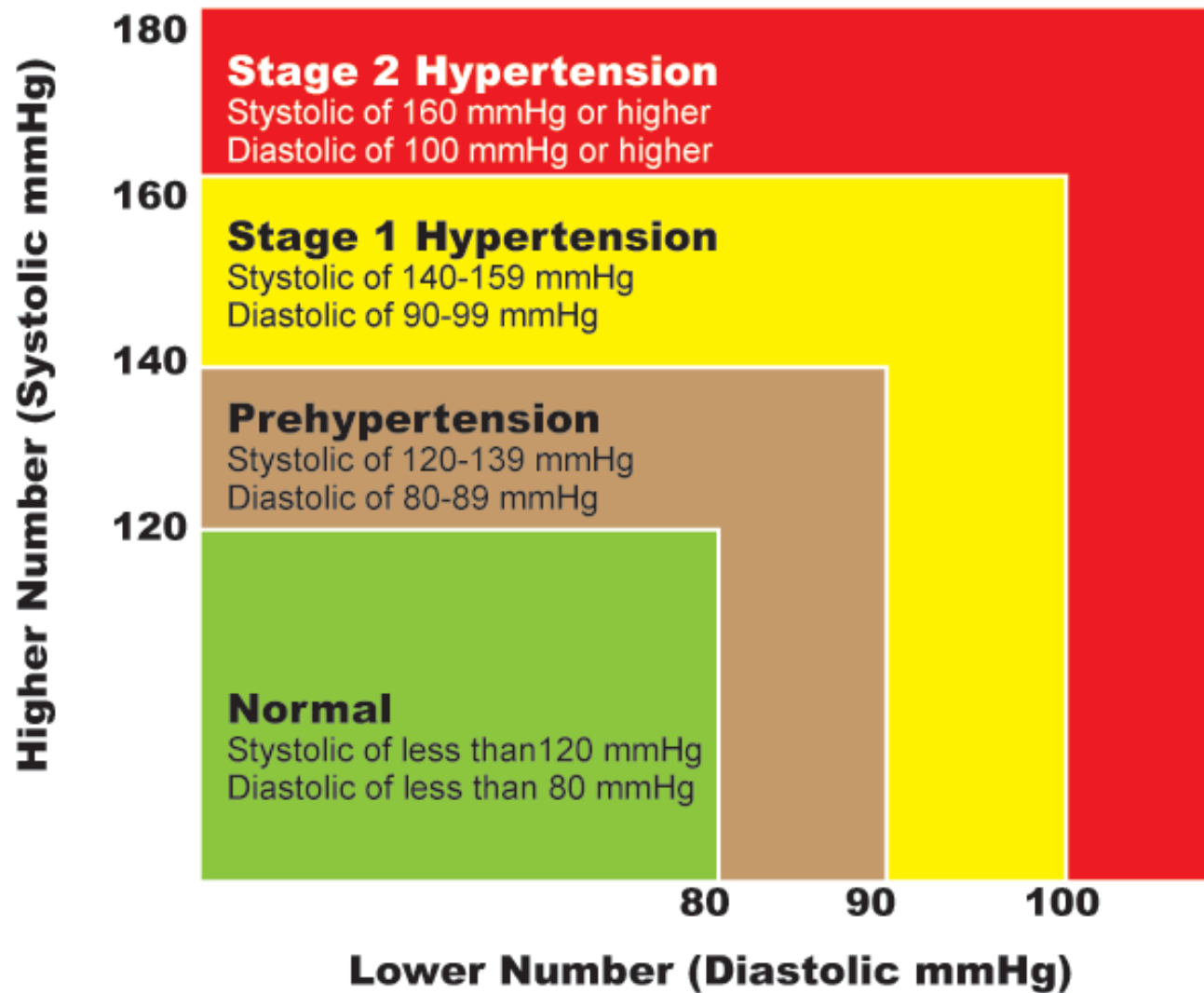


Systolic and Diastolic



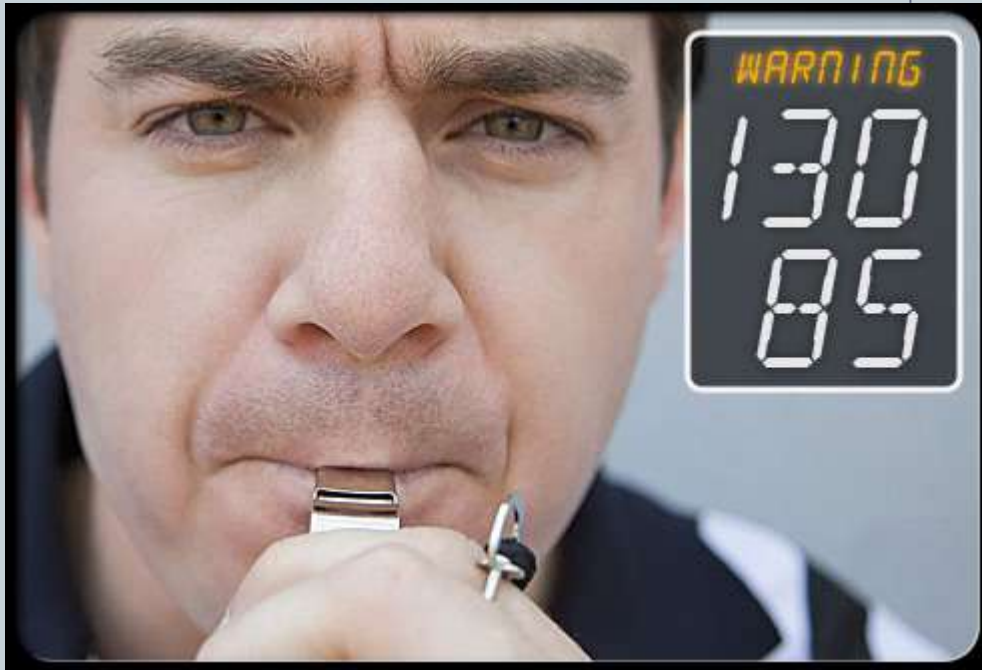
- Systolic = pressure when the heart beats
- Diastolic = pressure between heart beats (while heart is refilling with blood)
- Normal: 120/80





Pre-hypertension

- Blood pressure is just above normal
- Life style changes can help in this stage



Hypertension Danger Zone

* BP is 140/90 or higher
Still may not have symptoms

- 180/110 or higher
 - Hypertensive crisis
 - Rest and re-measure
 - Still high? Call 9-1-1

Symptoms: anxiety,
nosebleed, severe
headache, SOB



Who gets high blood pressure?



- Common in older adults
- Men > Women
- People with diabetes
- Family history with high blood pressure
- Overweight
- African Americans

Risk factors



- Too much salt – no more than _____
- Poor nutrition
- Caffeinated beverages



Treatment



DASH diet

○ dietary approach to stop hypertension

○ Vegetables

○ Nuts

○ Fish

○ Poultry

○ Whole grains

○ Fruits



Other treatments



- Exercise
- Medications
- Relaxation techniques
- Careful meal planning





the ABCs of YOGA for KIDS



A Airplane



B Butterfly



C Cobra



D Dog



E Easy Pose



F Frog



G Grasshopper



H Happy Baby



I Inhale



J Jack-in-the-Box



K Kite



L Lion



M Mouse



N New Pose



O Otter



P Peacock



Q Queen



R Rag Doll



S Swan



T Triangle



U Unicorn



V Volcano



W Waterfall



X

Y



Z Zero

RELAXATION ROUTINE

1. SIT
ON A CHAIR...



2. "SCRUNCH"
UP YOUR
FACE...



THEN...
RELAX
IT...

3. TENSE
YOUR
ARMS...



THEN...
RELAX
THEM

4. TENSE UP YOUR
SHOULDERS
AND CHEST...



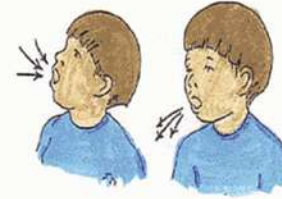
THEN...
RELAX
THEM

5. TENSE UP
YOUR LEGS...



... THEN RELAX!

6. BREATHE
IN
RELAXATION...



... BREATHE OUT
TENSION