

# champs

Center for Healthy Aging Ministries, Programs & Services

*From the Parish Nurse*

## THE FIRST STEP IS UP TO YOU!

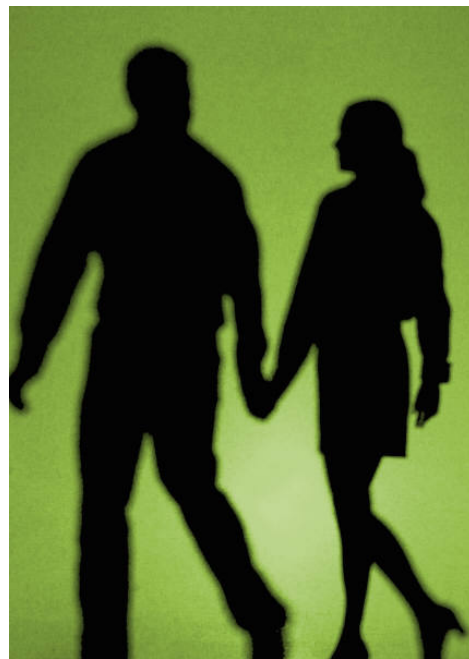
*(Third in a three-part series)*

An ACTION PLAN for hypertension or prevention of hypertension includes:

- See your doctor and follow advice given regarding diet, exercise and medications to treat or prevent hypertension. Whether pre-hypertensive, hypertensive, or not diagnosed with high blood pressure you need regular screening. Have your blood pressure **checked regularly** at CHAMPS office!
- Become physically active, even a small increase can help your health. Join the WALKING PROGRAM and walk ANY WHERE, ANYTIME. Just log your steps and turn them in weekly.
- Lose weight and change what you eat and drink. Losing 10% of your current weight can have a positive impact on your health!
- The DASH diet has been proven to improve blood pressure control in as little as **two weeks**. The great thing about choosing to

adopt a DASH diet plan is that you can incorporate the number of calories needed to help you reduce weight while improving or preventing hypertension.

- Adopt a healthy lifestyle!
- Celebrate as you make small changes for a major impact on your health!



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