

# THE INDUSTRIAL ATHLETE DIGEST

Weekly Wellness & Safety Tips from Work Right NW VOLUME 9 | ISSUE 5



## START WITH YOUR HEART

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Industrial athletes work hard every day. Ensuring our heart is in good condition keeps us healthy for the long run. For February, American Heart Month, let's discuss a way to keep our bodies running well so we're not at risk for time away from work or the activities we enjoy with the people we love.

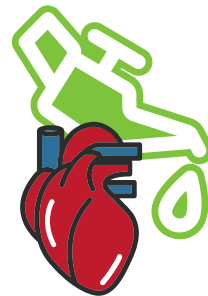
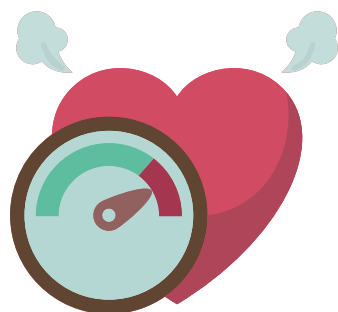


### THE SILENT KILLER

Occupational workers are more likely to have high blood pressure than an average adult, considering factors such as:

- job stress
- noise exposure
- and shift work.

Nearly half of American adults have high blood pressure - often called the **silent killer** because it doesn't show visible effects or signs of sickness.



### REGULAR MAINTENANCE

Let's think about our body as a car. We wouldn't let our car go 5 years without changing the oil, would we?

- Our heart is the *engine* to our body - it pumps blood, which supplies our muscles with oxygen and energy.
- If the *valves* in our body are stiffer, it causes our heart to work harder to get us the blood we need.
- Keep your *engine* running clean by supplying your body with the nutrients it needs to function.
- Use your *engine* regularly by exercising frequently.

### PRINCIPLES OF PREVENTION

Check out these FAQs to prevent high blood pressure.

**So what is a good level for my blood pressure?** Less than 120/80 is the gold standard for blood pressure.

**How can I get my blood pressure measured?** Your healthcare provider should be your 1st stop, but ask your injury prevention specialist if they can help!

**So, what's a plan for high blood pressure prevention?** It starts with changes to these four parts of your lifestyle...



Exercise



Diet



Sleep



Weight

WANT TO READ MORE?  
SCAN THE QR!

Work Right NW is changing the way that companies view workplace hazards. Our focus is on educating the workforce to prevent injury. We provide access to Injury Prevention Specialists in the workplace to address the early signs of discomfort. We are changing the industry one company at a time by helping one person at a time.

