

LIVE WELL – WORK WELL



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HBP GUIDELINES HAVE CHANGED: DO YOU KNOW YOUR RISK?

The American Heart Association and the American College of Cardiology redefined what is considered high blood pressure (HBP) in November 2017, based on new evidence supporting a lower threshold. Stage 1 high blood pressure, also known as hypertension 1, is consistently measured at 130 over 80 or greater. The previous threshold was 140 over 90. HBP is a serious condition that, if left untreated, can lead to coronary heart disease, heart failure, stroke, kidney failure and other health problems.

The New Guidelines and You

Under these new guidelines, nearly 46% of American adults are considered to have high blood pressure. Over one-third of Americans would be recommended for high blood pressure medication.

Your Next Steps

HBP is referred to as the “silent killer” because those who have it don’t typically experience symptoms. The best way to find out if you have HBP is to get your blood pressure checked every two years and speak with your doctor.

In some cases, HBP can be prevented by living a healthy lifestyle that includes exercising regularly, eating a healthy diet low in salt, fat and alcohol, avoiding smoking and managing stress. For more information, speak with

Blood Pressure Categories



BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120 – 129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130 – 139	or	80 – 89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

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BEETS, BEANS AND GREENS

- ¼ cup lemon juice
- 1 garlic clove (finely chopped)
- 2 tsp. mustard
- 2 tsp. vegetable oil
- 2 cups beets (cooked, sliced)
- 1 head of lettuce (washed, torn into pieces)
- 2 cups beans (cooked, rinsed)
- Salt and pepper (to taste)

PREPARATION:

1. Combine lemon juice, garlic, mustard, oil, salt and pepper in a large bowl to make a dressing.
2. Place sliced beets in a separate bowl. Toss 1 Tbsp. of dressing with beets to coat.
3. Toss the lettuce pieces and beans with the remaining dressing in the large bowl.
4. Plate dressed salad and beans. Add dressed beets on top.

Total Calories	150
Total Fat	5g
Protein	6g
Carbohydrates	22g
Dietary Fiber	7g
Saturated Fat	1g
Sodium	176 mg
Total Sugars	5g

Source: USDA

Fruits and Veggies: How Much is Enough?

If you're like the majority of Americans, you're most likely not eating enough fruits and vegetables. Fruits & Veggies – More Matters, a national health observance that occurs every September, wants to change that.

Fruits and vegetables contain essential vitamins, minerals, fiber and other naturally occurring substances that may help prevent chronic diseases.

How Much is Enough?

According to [MyPlate](#), the U.S. Department of Agriculture's symbol for healthy eating, the recommended adult daily serving for fruits and vegetables are:

- **Fruits**
 - Women: 2 cups (ages 19-30), 1 ½ cups (ages 31+)
 - Men: 2 cups (ages 19+)
- **Vegetables**
 - Women: 2 ½ cups (ages 19-50), 2 cups (ages 51+)
 - Men: 3 cups (ages 19-50), 2 ½ cups (ages 51+)



Source: Zywave