

PROGRAM FEATURES

Weekly Lunch & Learns

May 23, May 30, June 6 & June 13

Class options: 11am–Noon OR Noon–1 pm

Bring your lunch & join us @ the

Florida Dept. of Health, Multipurpose Room, 4979 Healthy Way, Marianna.

For more information, contact Marie @ 482-9620 or Mary Beth @ 526-2412 , OR

register for this FREE class @ WellnessBuddy@flhealth.gov

SUPPORT for healthy behavior changes through:

- Hands-on activities
- Healthy lifestyle tips
- Educational materials

MOTIVATION to change behaviors with:

- Incentives
- Taste tests
- Goal setting
- Risk self-evaluation
- Encouragement to teach others

HOW KEEPING THE PRESSURE DOWN CAN BENEFIT YOUR BUSINESS

Floridians spend over \$100 billion each year on health care. This figure could be reduced if Floridians adopt healthier lifestyles. High blood pressure is a risk factor for heart disease and stroke, two of the leading causes of death in Florida.

Keeping the Pressure Down will help your employees adopt healthier lifestyles that can reduce their risk of heart disease and stroke. This can translate into reduced costs for your company.

Your support will help make Keeping the Pressure Down a successful program both for your employees and for your company. Let your employees know that you consider this program to be important, and encourage their participation.

PROGRAM FOCUS

HERE'S A TASTE OF WHAT YOUR EMPLOYEES WILL GET FROM KEEPING THE PRESSURE DOWN:

- **INFORMATION** about how lifestyle can affect their risk of high blood pressure.
- **STRATEGIES** for changing eating and exercise habits to reduce health risks.
- **PRACTICAL TIPS** for incorporating healthy practices into their everyday lives.
- **ENCOURAGEMENT** as they begin to make healthy changes in their lifestyle.
- **RESOURCES** to help them make healthier eating and exercise choices.



KEEPING THE PRESSURE DOWN

THE SESSIONS:

- Evaluating Your Risk
- Building Activity Into Your Life
- DASHing Toward a Healthier Diet
- DASH Diet: Balancing Minerals
- Decoding Food Labels
- Enhancing Your Lifestyle
- Reforming Our Recipes
- Eating Out Sensibly

Keeping the Pressure Down is a University of Florida Extension education program developed by Linda B. Bobroff, Ph.D., RD, LD/N, Professor and Extension Nutrition Specialist, Department of Family, Youth and Community Sciences, with Leigh Fish, M.S., RD, former graduate student in the Food Science and Human Nutrition Department, Institute of Food and Agricultural Sciences, University of Florida (UF), Gainesville, Florida.

- We gratefully acknowledge the many county and state Extension faculty who reviewed the Keeping the Pressure Down (KPD) program materials. They are acknowledged individually in the lesson plans.

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KEEPING THE PRESSURE DOWN

**Help your employees
enjoy a healthier lifestyle
with this new, hands-on
worksite heart-health
program.**

**Presented by:
Marie Arick, UF IFAS
Jackson County &
Mary Beth Gurganus, LD/N,
FL Department of Health,
Jackson County**

UF UNIVERSITY of
FLORIDA
IFAS Extension



**Florida
HEALTH
Healthiest
Weight**

