

Health and wellness tips for your work and life—
presented by HealthCheck360



3 Tips to Help Make the First Day of School Less Stressful

After a summer of sleeping in and doing things on their own time, the morning alarm and school bell can be a tough transition for students going back to school, as well as their families.

The first day of school tends to be particularly hectic for kids of all ages, adjusting to a new classroom or schedule and trying to remember all the books and supplies they need. To help combat first-day stress, consider the following suggestions:

- Pack backpacks the night before so no one is scrambling at the last minute looking for books and supplies. Also, have lunch packed or lunch money ready in advance.
- Pick out or have your child pick out his or her clothes the night before. Doing so will help keep everyone on time while getting ready and prevent last-minute rushing in the morning.
- Arrange a visit beforehand if your child will be going to a new school. Explore all the areas of the school and get a map to help direct your child on the first day.

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. Nearly 46% of American Adults are considered to have high blood pressure.

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 routinely 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 of lean protein, fruits and vegetables, avoiding smoking and managing stress.

For more information, speak with your doctor.

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)

PREPARATIONS

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.

Makes: 6 servings

Nutritional Information (per serving)

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

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+)

WHAT COUNTS AS A CUP?



1/2 LARGE APPLE



2 MEDIUM CARROTS OR
1 CUP BABY CARROTS



1 LARGE BANANA



1 CUP OF COOKED OR
2 CUPS OF RAW SPINACH



1 CUP GRAPES



1 LARGE BAKED
SWEET POTATO