



MEETING ICEBREAKERS

Is Your Heart Healthy?

Most people have thought about changes they could make to live a healthier life. But when you have high blood pressure, you have a reason to do more than just think about it.

High blood pressure, also known as hypertension, can lead to heart attack and stroke. A heart-healthy lifestyle can help you prevent high blood pressure.



PURPOSE:

Find active ways to manage high blood pressure



DIRECTIONS:

1. Ask each person one or more of the following questions:
 - » *What is your favorite way to be active? Does it change with each season?*
 - » *Describe a healthy dish you like to cook or eat. Does it change each season?*
2. Jot down their answers and make a list.
3. Share the list with your team.
4. Together, pick 1 or 2 heart-healthy activities that everyone can do.
5. Try your new activity for a day, a week or a month.
6. Debrief with your team to see how you did.



TIMING:

15 – 20 minutes



MATERIALS:

- » Pens/Pencils
- » Paper

Here are 2 ways to bolster heart health and manage high blood pressure:

- » **Be more active.** Try to do something you enjoy on most, if not all, days of the week. You could walk, swim, bike or — whatever makes you happy.
- » **Eat healthy foods and cut back on salt.** A special eating plan called the DASH diet is designed to help lower blood pressure. It's a menu of healthy foods like fruits, vegetables and dairy.

Source: [High Blood Pressure | Kaiser Permanente](#)

