

# THE SILENT JOURNEY NEWSLETTER.©

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## EAT SMART

We shouldn't have to give up the foods we like to eat healthy. Take chicken for instance. Instead of frying it on the stove, oven fry or bake your chicken.

We oven fry our chicken in a skillet with a tablespoon of butter, melted in pan. Put your oven to 425 degrees. Gently coat the chicken with flour and lite seasoning. Place in the skillet. Turn the chicken over as it is cooking. Remove chicken when it turns golden brown.

Another favorite dish of mine is pancakes. Those who know me well, are aware of my love for my pancakes made from scratch.

First, mix one large egg in a bowl. Beat the egg until you see air bubbles. In a separate bowl, add one cup of flour, one tablespoon of oil,  $\frac{3}{4}$  cup of milk and the mixed egg. Mix ingredients for 20 seconds, lumps are okay.

For golden brown pancakes, in a hot skillet, add  $\frac{1}{2}$  teaspoon butter. Makes 6 to 7 medium pancakes.

"More than 100M adults have high blood pressure!"

We write The Silent Journey Newsletter with one goal in mind; help our readers understand and hopefully control, their blood pressure. The American Heart Association states, normal blood pressure is 120 systolic over 80 diastolic.

Resently, my partner and I, were at an Emory Hospital health fair. We spoke with a nurse practitioner about high blood pressure. She informed us that people are having strokes with a blood pressure of 140 systolic. In a blood pressure reading, the systolic pressure is typically the first number recorded.

About 25 years ago, I weighed 240 pounds. My eating and drinking habits were almost out of control. If I wasn't directing an edit session, I would have a lunch meeting. Those lunches usually included a cheese burger, fries and at least two glasses of beer. I was like Homer Simpson, "mmmm beeeer"!

I worked for the Minnesota Timberwolves. Often, I would grab a beer with a player. I would grab a beer after a late edit session. Oh, yeah. I would even have a beer with the crew after a late basketball game. Do you see a trend here?

Plus, anyone who ever worked in an office setting, will tell you. There's a cake every month and bagels for almost every meeting. Like most offices, when the meeting is done, the vulturs (employees) would get the remaining viddles. The Philly Boy in me always ran for the bagels and cream cheese.

All this eating led to me having a regular systolic BP of 150 or more. I did not know about the perrils of high blood pressure for an extended period of time. It never crossed my minde that I could have a stroke. It was all about family, fun and work. I forgot to mention the beers and brats at golf outings (a Mid-West thing).

Fast forward 27 years and I am a shell of my former self. I'm under 200 pounds for the first time in 30 years. The solution? Less beer, healthier food and exercise. And, tracking BP on a regular basis becomes a habit.

The first thing is do is empty your bladder. This simple routine can cut 10 points off of your BP reading. Use your BP cuff or go to your pharmacy to get your blood pressure readings. First, sit quietly for 15 minutes. Place your feet flat on floor, palm facing up. Take reading three times, with a small break in between readings. Use :30bp (thirty-second bp) app to store BP readings.

## :30bp (thirty-second bp), a blood pressure app

:30bp is a blood pressure app designed for adults who have high blood pressure. :30bp is available in the App Store for IOS users and the Play Store for Android users. The app is available in English and Spanish.

Simply download :30bp and complete your profile. Then enter BP goal you want to achieve. Everyone's goal will vary, based on your current BP readings. The American Heart Association's BP recommendation is 120/80.

Next, take your blood pressure with a BP cuff. It is recommended that you sit at least 15 minutes before taking your blood pressure. Also, empty your bladder and you may lesson your BP reading by 10 points

Then put your BP reading into the app. When you input readings into the app, it will create a BP log of your readings

Also, with each reading input, :30bp will time stamp and date stamp your readings. Input your readings on a daily, bi-weekly and weekly basis.

You are not alone in the blood pressure battle. According to the American Heart Association, more than 100M adults in America have high blood pressure. That's almost half of all adults in the United States. This means close to 1 in 2 adults have this disease.

I'm not trying to be the bearer of bad news. First, I give you the facts related to high blood pressure. Then I love to talk about how we can live with and strive to control high blood pressure. As always, my main suggestion is to always speak about diet. Not dieting, but the type of food one eats. Of course, it's not a secret. Adults know they should eat a heart healthy diet. This diet can include lean meats, fish or poultry and plenty of vegetables.

Next, let's talk about how we exercise. We've all heard every excuse for why we don't exercise. If you have high blood pressure, your goal should be to exercise. The Mayo Clinic says, we should get at least 150 minutes of moderate aerobic activity or 75 minutes of vigorous aerobic activity a week.

Biking is a top cardio exercise. You should burn at least 400 calories per hour. Biking also strengthens your legs, hips and gluts. The type of workout that's gentle on the hips, knees, back and ankles. Most cities have bike paths and bike lanes on the street for safe riding. Make sure you have all the right safety gear. And remember to have your bicycle serviced each year before you start your workout.

A lot of people enjoy running or walking to get their daily exercise. If you are just starting to run again, here are a few tips from the professionals. One, train three days a week. Two, run/walk 20 to 30 minutes, two days a week. Take a longer walk/run, 40 minutes to an hour on weekends. Three, rest or cross train on your off days. Five, run at a conversational pace. Six, consider taking regular walk-brakes. \* Experts suggest you consult your physician before beginning any workout routine.

If the above exercises aren't for you, how about just walking. This is my exercise of choice. For years I enjoyed working out on a stationary bicycle. Now I enjoy walking in the park or on the treadmill. The most important thing is to move, be active. My goal is to workout 5-6 days per week. I get in 1-3 days per week. See, you're not the only one who has issues with a daily workout. The key is to just do something to move for 30 minutes.

\*[www.nytimes.com/how-to-start-running](http://www.nytimes.com/how-to-start-running)

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