

# THE SILENT JOURNEY NEWSLETTER.©

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## You can control Hypertension!

According to the CDC, 1 in 3 people have high blood pressure. Medication can help control HBP. But HBP is a chronic health condition, so healthy habits are essential. Most doctors suggest you stop smoking, eat a low-fat high-fiber diet, and exercise. Some medical professionals suggest the DASH Diet.

DASH, which stands for, Dietary Approaches to Stop Hypertension. This includes fruits and vegetables (8-10 servings a day), whole grains, beans, nuts, low-fat dairy, lean meat (poultry, seafood), You should limit red meats, added sugars, and unhealthy fats.

Most people still believe their food doesn't taste well until they add, just a little salt. Your daily intake of salt should be no more than 2300mg. Just 2 tablespoons of salad dressing can have ¼ of your daily allowance. For more information on hypertension, cut and paste the following link.

## "Become More Active, Workout!"

It's time to reclaim our good health. I said It's time to reclaim our good health! Don't be afraid, just tell yourself, I am reclaiming my good health. Once you believe it in your mind, let it resonate in your



heart. Like anything, once you set your mind to it, getting it done is the easy part. And getting yourself off the couch and back to your exercise routine is a piece of cake. By the way, give yourself a big hug because you are back on track.

Now it's time to make an exercise schedule. Don't panic, just take a piece of blank paper or type in Notes on a mobile device. Simply write the days of the week on separate lines. Then chose a time of day you will exercise. Put that time down for each day. This time is your time to take care of yourself, so don't take this part lightly. Like prayer or meditation, your exercise time should be a personal time for you to spend time on your mind, body, and soul. So far so good, right?

This is the part where people start making excuses about exercises because they don't have the pretty exercise gear. Forget all of that foolishness. The only gear you need is a pair of sneakers (tennis shoes), a tee-shirt or loose-fitting blouse, and shorts/pants. No one is looking at your clothes, as a matter of fact, no one looking at you. But that's a conversation for another time.

We have everything in place, let's hit the trail. Excuse me? You don't know what to do? No worries my friend. Open the front door, walk outside, and simply walk. Try to walk at least 30 minutes a day. Before you begin your workout, speak with your doctor to make sure you are cleared for exercise.

If you exercise frequently, the same applies. Check with your doctor to make sure you are still healthy enough to exercise. According to the Mayo Clinic, everyone should get at least 150 minutes of moderate aerobic activity or 75 minutes of vigorous aerobic activity a week, or a combination of moderate and vigorous activity. The guidelines suggest that you spread out this exercise over a week. Greater amounts of exercise will provide an even greater health benefit. But even small amounts of physical activity are helpful. Being active for short periods throughout the day can add up to provide a health benefit.

## Everyday Sodium

Researchers say we get more than 40% of our sodium from only 10 food sources every day. I know you'll be surprised and may say, "that doesn't taste too salty".

Here's the list:

1. Bread and rolls. As Guy Fieri says, "shut the front door". I love bread in any form.
2. Pizza. My second favorite. I'm gonna stop right here.
3. Sandwichs, I don't know how much more of this I can take.
4. Cold cuts and cured meats.
5. Burritos and tacos.
6. Savory snacks. That includes popcorn, chips. You know this list.
7. Soups. They are loaded with salt.
8. Chicken. Okay now, they are getting personal.
9. Cheese.
10. Eggs and omelets.

Everyone needs physical activity. I said it like that so there is no confusion about who or whom should be exercising. The World Health Organization (WHO), has a few facts for us to remember:

1. Physical activity has significant health benefits for hearts, bodies, and minds.
2. Physical activity reduces symptoms of depression and anxiety.
3. Physical activity contributes to preventing and managing noncommunicable diseases such as cardiovascular diseases, cancer, and diabetes.
4. Globally, 1 in 4 adults do not meet the global recommended levels of physical activity.
5. People who are insufficiently active have a 20% to 30% increased risk of death compared to sufficiently active people.

The latter, are a few examples of why we need to be active daily. A great example is my friend Audrey. She exercises five days a week on the treadmill. She also does an advanced, 30-minute senior workout with an instructor on Youtube. Sharon is 63 and is very physically active for her age. She eats healthy and watches her caloric intake. Sharon walks and jogs three miles a day, five days a week.

Now that you are motivated to become active, there is one more step before you begin your workout regiment. You should see your doctor before you begin a workout routine.

Your doctor has given you the okay to be active. Where do we begin? Our previous The Silent Journey Newsletter had a pre-workout article with suggestions. To read that newsletter and others, visit our website at [www.32ndstreetmedia.com](http://www.32ndstreetmedia.com) for past issues.

In April's edition, I said to just open the door and walk. Now that we've been walking, let's take it up a notch. For the light walkers, how about picking up the pace a little. For my fast walkers, why not jog periodically as you take your 30-minute walk. To the joggers, how about picking up the pace. As you jog, try running in 20-30 second intervals. All of these exercise techniques will make you push yourself each day. If you keep the faith, in no time you will have increased your workout routine.

I am pushing the exercise button a bit hard these days. Trying to help readers understand the importance of activity during these summer months. The thing about it is, it's already June and there are only six months left in the year. On top of that, if you haven't begun an exercise routine, depending on where you reside in the U.S.; there are only four good months to get outside and motivate your body.

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