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“Happy Holidays From 32nd Street Media!”

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.

Can you believe it? Just like that, another year has flown by in an instant. I know you were going to do so many fantastic things in 2021. You were going to paint the house or get that promotion at work. We all know the list, oh too well. Guess, what, you didn't get any of your projects or goals accomplished this year. So now you are carrying 2021 on your back like a newborn. You know what? It's going to be okay..



Remove that mental sack and get ready for 2022. There's nothing you can do about 2021, it's a done deal. So why fret over something we can't possibly change. Even more, why fret at all. You can't change yesterday, you can't change tomorrow, but you can make changes today. What change can you make today? You can stop worrying.

Here's a simple test for you to give to yourself. Think about something you have been worrying about lately. Has your worrying changed the situation that's been on your mind? Be honest. It probably hasn't changed one iota. That's the secret. Worrying doesn't change situations, finances, or anything else. I should know, I have built monuments to my worries. Then they come crashing down in the dark of the night, as I lay crying for help.

So as we head into the holiday season and next year, let's put on a new frame of mind. One that reminds us to sleep soundly when we have done our best. One that reminds us to wake to a new day with the anticipation of our dreams being fulfilled. We must change our mindset; to one that expects success and not defeats.

In my 20's and 30's, I had a lot of personal success in my career. I didn't think or worry about my career. I was doing what I thought was best for me. I didn't have children or a spouse. I also had my youth; that time of life when you don't worry about issues of life. My rent and utilities were paid. My one concern was...nothing.

I'm quite sure you have a similar story from your youth. No, I'm not talking about going back to the good old days. That used to be a dream. Instead, I suggest we embrace the moments in life. Those moments when someone greets you with a hug. Or you finally win that elusive grant you've applied for a thousand times. Our life is summed up in moments. Let's embrace them for what they are and stop sweating the small stuff. It may just save our lives.

CDC BP Information

Measuring your blood pressure is an important step towards keeping a healthy blood pressure level.

Because high blood pressure and elevated blood pressure have no symptoms, checking your blood pressure is the only way to know if it is high.

You can measure your blood pressure at home with a home blood pressure monitor. Or you can visit your doctor or nurse to have your blood pressure checked.

If you have high blood pressure. You should take steps to control your blood pressure so that you can lower your risk for heart disease and stroke.

You can get your blood pressure measured:

- By a healthcare team member at a doctor's office.
- At a pharmacy that has a digital blood pressure measurement machine.
- With a home blood pressure monitor that you can use yourself.

What's your plan? Yes, I'm talking to you! What's your plan for 2022? I know you've planned for the holidays. The lights are twinkling, the fridge is stuffed with food, and you can't see the tree because of all the presents. I'll ask one more time, what's your plan?



It's way too easy to focus on the holidays and forget about the coming year. The kids are out of school, the family will visit, and a good time will be had by all. I know, somewhere in the back of your mind, 2022 is knocking like an old muscle car. Turn the music down for a second, yeah, you hear it, right? So why are you ignoring the inevitable?

It's normal to try to make everyone happy during the holidays; even if we go into debt to make it happen. What's not normal, is going into a new year without a game plan. For instance, millionaires make very specific new year resolutions. Here are a few of their resolutions that might work for you. 1. They start their day early. In a recent study, almost 50% of 177 self-made millionaires woke up at least three hours before the start of their workday. Getting an early start puts you in a better position to accomplish your daily goals with confidence, despite any disruptions that may come your way. * 2. Make your bed. Folks who keep tidier homes make more money, and those who make their bed each morning are "up to 207% more likely to be millionaires." This particular morning routine is associated with better budgeting skills, greater productivity, and a stronger sense of well-being. *

I know what you're going to say, that works for them. It's no way I can do these things and get to work on time. Okay, how about number three. 3. Get to the gym. This is a recurring member on New Year's resolution lists. Everyone knows that exercise is good for our health. But here's another reason to add this one to your list this year: studies show that people who exercise – even for just 15 minutes each day – statistically outperform others in all measures of success. *

You didn't think you were going to get away without me talking about exercising in the new year, did you? I did put a different slant on how you can be better equipped to face 2022. Let's think bigger in the coming year. It's time to tackle some big goals. Going back to school, buying that house, or even getting a pet. Trust yourself to achieve anything you set your mind on in 2022. Until next year my friends, stay safe!

*<https://www.cnn.com/2017/04/07/7-rich-habits-of-highly-successful-people.html>

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