

Healthy Steps, Brighter Tomorrows

Auburn Seventh-Day Adventist Church

HEALTH QUICK GUIDE

Elevated Blood Pressure (Hypertension)

What it means: Blood pressure is higher than normal (120–129 systolic and less than 80 diastolic). Over time, this puts extra strain on your heart and blood vessels.

Common Signs: Often has **no symptoms**—that’s why it’s called the “silent condition.”

Risks: Heart disease, Stroke, Kidney damage, Vision problems

What you can do:

- **Reduce salt intake:** Aim for less processed foods and limit added salt
- **Exercise regularly:** At least 30 minutes most days (walking, biking, dancing)
- **Manage stress:** Try prayer, deep breathing, meditation, or quiet time
- **Maintain a healthy weight:** Even small weight loss can lower blood pressure
- **Limit alcohol & avoid smoking**
- **Follow up with your provider:** Regular checks help catch problems early

Elevated Blood Sugar (Pre-diabetes / Diabetes Risk)

What it means: Blood sugar levels are higher than normal but not yet diabetes. This is a **warning sign** that your body is having trouble using sugar properly.

Common Signs: Increased thirst, Frequent urination, Fatigue, Sometimes no symptoms at all

Risks: Type 2 diabetes, Nerve damage, Vision problems, Heart disease

What you can do:

- **Limit sugary foods and drinks:** Cut back on soda, juices, and sweets
- **Eat balanced meals:** Focus on vegetables, lean protein, and whole grains
- **Stay active:** Exercise helps your body use sugar better
- **Maintain a healthy weight:** Even 5–10% weight loss makes a difference
- **Choose water over sugary drinks**
- **Get regular blood sugar checks:** Early action can prevent diabetes

Obesity

What it means: Excess body weight that can negatively affect your health and increase your risk for chronic diseases.

Common Signs: Higher body mass index (BMI), Increased waist size

Risks: Heart disease, Type 2 diabetes, High blood pressure, Joint and mobility problems Sleep issues (sleep apnea)

What you can do:

- **Choose whole, healthy foods:** More fruits, vegetables, and home-cooked meals
- **Reduce portion sizes:** Be mindful of how much you eat
- **Exercise regularly:** Start small and stay consistent
- **Get adequate sleep:** Aim for 7–8 hours per night
- **Drink more water**
- **Seek support:** Programs, coaching, or a healthcare provider can help keep you on track

Small changes every day can lead to big results. **Your health is your wealth—start today, one step at a time.**

We invite you to our *Healthy Steps, Brighter Tomorrows* 4-week program at Auburn Seventh-Day Adventist Church. We meet every **Thursday from 7:00 to 8:30 PM**, starting **April 16th**. This is a free program focused on helping you improve your health with simple, practical steps you can use every day. We welcome everyone—bring a friend, family member, or neighbor. We look forward to seeing you there!