



Health and Wellness Tip of the Week Week 6 - February 4, 2019

Stop Stroke Before It Happens

Someone in the U.S. has a stroke about once every 40 seconds. Make lifestyle changes today to help reduce your risk.

- Don't smoke, and quit if you do.
- Eat foods low in saturated fat, trans fat, sodium and added sugar.
- Increase your physical activity.
- Take medicine as directed.
- Have blood pressure checked regularly.
- Maintain a healthy weight.
- Keep stress levels in check.
- Get emotional support when needed.
- Have a regular checkup.

Talk to your doctor about which changes may work best for you.

Source: American Stroke Association

City of Mission

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Our mission is to promote health awareness and encourage healthy lifestyles.

www.missiontexas.us

