



Health and Wellness

Tip of the Week

Week 10 – March 4, 2019

Keeping Your Kidneys Healthy

It's important to think of ways to keep your kidneys healthy. Your kidneys filter all blood in your body every 30 minutes by removing wastes, toxins and excess fluid.

You can do many things to keep your kidneys in good shape:

- Keep your blood pressure below 140/90 (ask your doctor if this goal is right for you)
- Keep cholesterol within the goal range
- Eat low-salt foods
- Enjoy more fruits and veggies
- Work out often
- Take any medicines as planned

Source: Centers for Disease Control and Prevention

City of Mission

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

www.missiontexas.us

