

# ROBERT's Wellness

YOUR SCORE: 98

PEER SCORE: 90

Awesome! You're clearly committed to creating and maintaining a healthy life--with a few good health habits already working in your favor: You do not use tobacco and your blood pressure is under 120/80.

How can you build on your healthy foundation? Based on your answers, we have a few quick tips to help keep you sprinting forward with healthy habits. Check 'em out and see if you can put them into practice.

## CATER TO YOUR STRENGTHS

### Safety Belt

Your Goal: 100% safety belt use

Congratulations for deciding to wear your safety belt.

- Don't drink if you plan to drive and don't drive after drinking.
- Never place the shoulder belt under your arm. In a collision you may break a rib, causing a puncture of the lung or heart.
- Wearing your safety belt sends a positive message to children and other passengers to buckle up as well.

### Blood Pressure

Your Goal: Less than 120/80

Congratulations! Your blood pressure is within the recommended range. High blood pressure is a major risk factor for heart disease, stroke, kidney failure and vision problems, and it often has no symptoms.

- Continue to check and monitor your blood pressure at least every two years.
- Learn and practice ways to manage anger and stress.

- Remember that weight, physical activity, alcohol use and smoking are lifestyle factors that could lead to high blood pressure.

## **Smoking**

Your Goal: Non-user of tobacco

Congratulations! You are one of the over 200 million Americans who choose the healthy, tobacco-free lifestyle.

- As a non-tobacco-user, you have lowered chances of lung cancer, heart disease and stroke.
- Avoid secondhand smoke which is known to cause cancer. Choose non-smoking public areas.
- Support loved ones or friends if they try to quit smoking.