



PROGRAM

RELIABLE information from the University of Florida and county Extension faculty.

SUPPORT for healthy behavior changes through:

- Hands-on activities
- Healthy lifestyle tips
- Educational materials
- Group interactions

MOTIVATION to change behaviors with:

- Incentives
- Taste tests
- Goal setting
- Risk self-evaluation
- Encouragement to teach others

HOW KEEPING THE PRESSURE DOWN CAN BENEFIT YOUR


Floridians spend over \$100 billion each year on health care. This figure could be reduced if Floridians adopt healthier lifestyles. High blood pressure is a risk factor for heart disease and stroke, two of the leading causes of death in Florida.

Keeping the Pressure Down will help you adopt healthier lifestyles that can reduce their risk of heart disease and stroke. This can translate into reduced health.

Your attendance will help make Keeping the Pressure Down a successful program, which will ultimately benefit you and your family. So, spread the word and tell family and friends to join you in attending this series of classes.

PROGRAM FOCUS

HERE'S A SAMPLE OF WHAT YOU WILL GET FROM KEEPING THE PRESSURE DOWN:

- **INFORMATION** about how lifestyle can affect your risk of high blood pressure.
 - **STRATEGIES** for changing eating and exercise habits to reduce health risks.
 - **PRACTICAL TIPS** for incorporating healthy practices into your everyday life.
 - **ENCOURAGEMENT** as you begin to make healthy changes in your lifestyle.
 - **RESOURCES** to help you make healthier eating and exercise choices.
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THE SESSIONS:

**Class 1 - Evaluating Your Risk;
Building Activity Into
Your Life**

**Class 2 - DASHing Toward a
Healthier Diet; DASH
Diet: Balancing Minerals**

**Class 3 - Decoding Food
Labels; Enhancing Your
Lifestyle**

**Class 4 - Reforming Our
Recipes; Eating Out
Sensibly**

Keeping the Pressure Down is a University of Florida Extension education program developed by Linda B. Bobroff, Ph.D., RD, LD/N, Professor and Extension Nutrition Specialist, Department of Family, Youth and Community Sciences, with Leigh Fish, M.S., RD, former graduate student in the Food Science and Human Nutrition Department, Institute of Food and Agricultural Sciences, University of Florida (UF), Gainesville, Florida.

We gratefully acknowledge the many county and state Extension faculty who reviewed the Keeping the Pressure Down (KPD) program materials. They are acknowledged individually in the lesson plans.



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**Enjoy a healthier lifestyle with
this hands-on heart-health
program!!**

**Classes will be held at the Florida
Department of Health Bay County
597 W. 11th Street
Auditorium - Room 205
Panama City, FL 32401**

**Tuesdays - August 1, 8, 15, 22, 2017
5:30 - 7:30 p.m.**

**Presented by:
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