

Know Your Numbers

Tips to Lower Blood Pressure

Blood Pressure Quiz

Please select the **best** answer for each question using the tips provided during the Know your numbers campaign. All employees who correctly answer all four questions and submit to Human Resources by February 29th will be entered into a prize drawing.

1. How many milligrams of sodium should a healthy individual aim for daily?
 - A. Less than 1500 milligrams
 - B. Less than 2300 milligrams
 - C. Less than 3300 milligrams
 - D. Less than 3500 milligrams
2. According to the handouts, if you're overweight, losing even ____ pounds can lower your blood pressure.
 - A. 2
 - B. 4
 - C. 5
 - D. 10
3. True or False – According to the handouts, three healthy coping techniques to try for stress reduction would be, meditation, muscle relaxation, and deep breathing.
4. For most healthy adults, what does the Department of Health and Human Services recommend in regards to aerobic activity in addition to two days of muscle strengthening exercises.
 - A. 150 minutes a week of moderate aerobic activity
 - B. 75 minutes a week of vigorous aerobic activity
 - C. A combination of moderate and vigorous activity
 - D. All of the Above

Please fill out the information below to be entered into the prize drawing

Name _____

Department _____

Phone number _____