

# hapitimes



## What Is High Blood Pressure? You Can't Feel It, But Monitoring Is Important

Blood pressure is the force of blood pushing against the walls of the arteries as the heart pumps blood. High blood pressure, sometimes called hypertension, happens when this force is too high. Healthcare workers check blood-pressure readings the same way for children, teens and adults. They use a gauge, stethoscope or electronic sensor, and a blood-pressure cuff. With this equipment, they measure:

- **Systolic pressure:** blood pressure when the heart beats while pumping blood
- **Diastolic pressure:** blood pressure when the heart is at rest between beats

Healthcare workers write blood-pressure numbers with the systolic number above the diastolic number. For example:

118/76 mmHg  
People read this as "118 over 76" millimeters of mercury.

Normal blood pressure for adults is defined as a systolic pressure below 120 mmHg and a diastolic pressure below 80 mmHg. It is normal for blood pressures to change when you sleep, wake up, or are excited or nervous. When you are active, it is normal for your blood pressure to increase. However, once the activity stops, your blood pressure returns to your normal baseline range. Blood pressure normally rises with age and body size. If your blood pressure is higher than normal when at rest, you may want to talk with your doctor about what you can do to bring it back to the normal range.

— Source: National Heart, Lung, and Blood Institute

## March Is National Nutrition Month Make That Snack a Healthy One

"If you choose carefully and plan ahead, sensible snacks can be part of any healthful eating plan," says registered dietitian nutritionist and Academy of Nutrition and Dietetics spokesperson Isabel Maples. "Snacks can prevent over-eating at mealtimes and throughout the day," she adds. "For children and adults alike, snacks can supply foods and nutrients that we might miss in meals. Snacks especially offer a great way to eat more fruits, vegetables, whole grains and low-fat dairy." Maples offers these suggestions:

- **Plan your snacks.** Keep a variety of tasty, nutrient-rich, ready-to-eat foods nearby for when you need a bite to take the edge off hunger. Try fresh fruit, air-popped popcorn, whole-wheat crackers, dried fruit and nut mixes, almonds, and fat-free yogurt.

- **Go easy on high-calorie snacks such as chips, candy and soft drinks.** Save these for special occasions, not everyday snacks.

- **Snack when you're hungry — not because you're bored, stressed or frustrated.** "Exercise can actually be a great way to feed those emotional urges," says Maples.

— Source: Academy of Nutrition and Dietetics

Hapi Meals

Carrot Fries

Ingredients:

- 1 pound of carrots
- Cooking spray
- Salt and pepper to taste

Instructions:

Preheat oven to 400° F.

Peel the carrots and cut them into strips about ¼-inch thick and a few inches long.

Coat a baking pan with cooking spray and spread the carrots onto it. Sprinkle with salt and pepper.

Bake 15 minutes.

Flip them over and coat them with a bit more cooking spray, salt and pepper.

Bake another 15 minutes until lightly browned.

Recipe from the Academy of Nutrition and Dietetics: [www.eatright.org](http://www.eatright.org)

More recipes online at [www.hapiapts.org/blogs](http://www.hapiapts.org/blogs)



Inside The Landmark



H-E-B Visit

The kids in our after-school program were visited by our friends at the neighborhood H-E-B to learn some lessons in looking for nutritious foods when grocery shopping.

Start Making Sense: Play Time Lesson

Recent lessons with the kids in the after-school program included using all five senses to make observations. By playing games in which kids had to focus on their individual senses, they were divided into teams. (Bonus lesson: they learned team work!)

Garden Planning

We are preparing the students for our community garden by introducing them to vegetables and herbs that we will be growing in the ground.

Deals at The Landmark

Spread the word: Tenants get \$400 off the first full month of their lease!

Food For Thought

*Luck is when preparation meets opportunity.*

Health Facts

Sleep by the numbers

- 11 - Hours children under age five should sleep daily
- 10 - Hours children age five to 10 should sleep daily
- 9 - Hours children age 10 and over should sleep daily

Source: [www.letsmove.org](http://www.letsmove.org)



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