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Healthy Tips from Blue365.

March 2016



March is National
Kidney Month

According to the National Kidney Foundation, **1 in 3 American adults are at risk for kidney disease**. Major risk factors include diabetes, high blood pressure, a family history of kidney failure and being age 60 or older. Following are some important prevention tips for two of these risk factors: Type 2 diabetes and high blood pressure.



Type 2 Diabetes

The [Diabetes Prevention Program](#) (DPP), a landmark study sponsored by the National Institutes of Health, found that people at increased risk for Type 2 diabetes can prevent or delay the onset of the disease by losing 5 to 7 percent of their body weight through increased physical activity and a reduced fat and lower calorie diet. For those diagnosed with prediabetes (higher than normal blood glucose levels but not yet diabetes), losing a modest amount of weight - for example, 10 to 15 pounds for a 200-pound person - can help prevent or delay Type 2 diabetes. To start, build up to 30 minutes of physical activity a day 5 days a week and follow a low-calorie, low-fat eating plan.



High Blood Pressure



High blood pressure is dangerous because it generally presents few symptoms or warning signs, so be sure to have your blood pressure checked regularly. [WedMD](#) says several key ways to prevent high blood pressure include:

- Maintain a healthy weight. Even small amounts of weight loss can make a big difference in helping to prevent and treat high blood pressure.
- Get regular exercise. People who are physically active have a 20 to 50 percent lower risk of getting high blood pressure.
- Reduce salt intake to help lower blood pressure.
- Drink alcohol in moderation, limiting consumption to no more than two drinks a day. Reduce stress. Over time, stress may contribute to high blood pressure.




Want to learn more?

For more information about National Kidney Month, visit [The National Kidney Foundation website](#). And to jumpstart your way to better fitness and nutrition while saving money, check out the deals at [Blue365](#).

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