May is High Blood Pressure Education Month

In the United States today, about 68 million people are living with high blood pressure, also known as hypertension. The good news is that high blood pressure can be prevented and controlled. The bad news is less than half of the population with high blood pressure actually has it under control.

High blood pressure leads to heart attack and stroke, two of the leading causes of death in the U.S.

For more information, visit http://www.cdc.gov/Features/HighBloodPressure/

Keeping Your Blood Pressure in

• Reduce sodium intake
• Have your blood pressure checked and then monitor it regularly.
• Maintain a healthy body weight.
• Exercise regularly.
• Eat more fruits and vegetables.
• Don’t smoke.
• Watch your alcohol intake (fewer than two drinks per day for men, or one drink per day for women).
• If you have been prescribed blood pressure medication, take it as directed.
• If you have trouble with side effects, talk to your healthcare professional about other medications you can try.

Nearly 1 in 3 adults is living with this “silent killer.” Cut back on sodium to lower your risk.

Dates to remember!

4/28 OKC Memorial Marathon
4/22-26 Staff Week Biometric Screenings
4/11-5/2 Faculty Staff Softball
4/11&17 Wellness Webinars

http://healthysooners.ouhsc.edu
Gearing up for Staff Week

Make sure you register online to schedule your biometric screening and get your gear! Everyone receives a Healthy Sooners duffle bag for completing the screening, as well as, a chance to win 1 of 4 iPad or iPad minis! Register online at http://healthysooners.ouhsc.edu

Norman
Monday – Union
Tuesday & Wednesday – CCE Forum
Friday – facilities

HSC
Monday & Tuesday – Nicholson Conference Room C
Wednesday- Friday – Union Room 260

Tulsa
TBD

BlueCross BlueShield Well-On Target Incentives

- Complete your Health Assessment
- Record your food intake & exercise
- Earn Life Points
- Visit the Well-On Target Shopping Mall & redeem Life Points for various merchandise!!

Schedule Your Mobile Mammogram Screening!

The Oklahoma Breast Care Center will be on the Norman campus with their mobile screening unit, Monday, April 22nd. HSC and Tulsa campus dates TBD. Mammograms find between 85 and 90 percent of breast cancers up to two years before they can be felt. That's why it's so important for a woman to combine an annual mammogram with monthly breast self-examinations and a physical examination of the breasts by her personal physician.

BlueCross provides 100% coverage for annual mammograms for women starting at age 40. For women ages 35-39, BlueCross provides 100% coverage for one baseline mammogram. Take advantage of this convenient service and schedule your appointment at 755-2273, ext 110.

http://healthysooners.ouhsc.edu
OU Selected As Certified Healthy Campus

For its ongoing efforts to improve the health of its faculty, staff, and students, the University of Oklahoma was recently selected as a Certified Healthy Campus with the highest certification level of Excellence. Certified Healthy Campus is a program of the Shape Your Future Campaign coordinated by the Oklahoma Turning Point Council. Healthy Sooners, a project between OU Student Affairs and Human Resources, is credited with making a significant impact in the health of OU’s campuses.

“The secret of happiness is not in doing what one likes, but in liking what one does.” – James M. Barrie

Words from Wellness

Hi! I’m Lindsay, the new Wellness Coordinator working with Breion, and I wanted to take a moment to introduce myself. I received my Bachelor of Science in Exercise/Fitness Management, as well as my Masters in Business Administration (MBA), from the University of Central Oklahoma. I have my Personal Training certification with NASM and love sports! My passion for health and helping people make me very excited to be a part of Healthy Sooners. I look forward to meeting and working with you, and assisting you in a healthy lifestyle!

Join the Crew!

The Encourage Health Crew is an employee group with a commitment to health that serve as ambassadors for Employee Wellness. They volunteer to assist in the implementation and coordination of wellness initiatives in their department. They share information, engage friends and colleagues to participate in wellness programs, and create excitement around leading a healthy lifestyle. Interested in joining the Crew or want to nominate a co-worker? Contact Wellness Coordinator, Lindsay Mitchell, at lindsay-mitchell@ouhsc.edu.

Family Focus

Enjoy the warmer temps with an OU baseball or softball game!

**Bedlam baseball:**
5/11&12 Times TBA
Bricktown Ballpark

**Bedlam softball:**
5/11 3pm
OU Softball Complex
5/12 1pm
Stillwater, OK

http://www.soonersports.com/

http://healthysooners.ouhsc.edu
Recipe Round-up!
Start a productive day with a healthy breakfast!

Almond Flour Pancakes - www.paleoplan.com
Breakfast for two. Approximate cooking time: 30 minutes

Ingredients
• 1 cup almond flour
• 1/2 cup unsweetened applesauce
• 1 Tbs coconut flour
• 2 eggs
• 1/4 cup water (consider soda water for slightly fluffier pancakes)
• 1/4 tsp freshly grated nutmeg
• 1/4 tsp sea salt
• coconut oil
• fresh berries

Instructions
1. Combine almond flour, applesauce, coconut flour, eggs, water, nutmeg and sea salt in a bowl, and mix together completely with a fork. The batter will appear a little thicker than normal mix.
2. Heat a non-stick frying pan over medium-low heat with 1 tsp coconut oil.
3. Drop 1/4 cup of batter onto the pan once it is fully heated. Spread out batter slightly if desired.
4. Flip like a normal pancake when the bubbles start showing up on the top, and cook for another minute or two.
5. Add more oil to the pan and repeat with remaining batter.
6. Top with fresh berries.

Note: If the pan is too hot, the cakes will stick, burn on the outside, and/or not cook entirely through.

“He who has health, has hope; and he who has hope, has everything.” – Arabian Proverb