



# HEALTH RESOURCES

In order to participate in the Fitness Heptathlon, please complete the [Lifestyle Survey](#) at the start (Week 1) and end (Week 10) of training.

## BLOOD PRESSURE

### WHY IS YOUR BLOOD PRESSURE IMPORTANT?

Your blood pressure is the force placed on the walls of your blood vessels as your heart pumps blood. If it's too high, your heart must work harder. Over time, high blood pressure can cause the heart to enlarge or weaken and can cause your arteries to narrow. This can lead to heart failure, a heart attack or stroke. What you learn from taking your blood pressure can improve your lifestyle and may prevent a future, life-changing diagnosis.

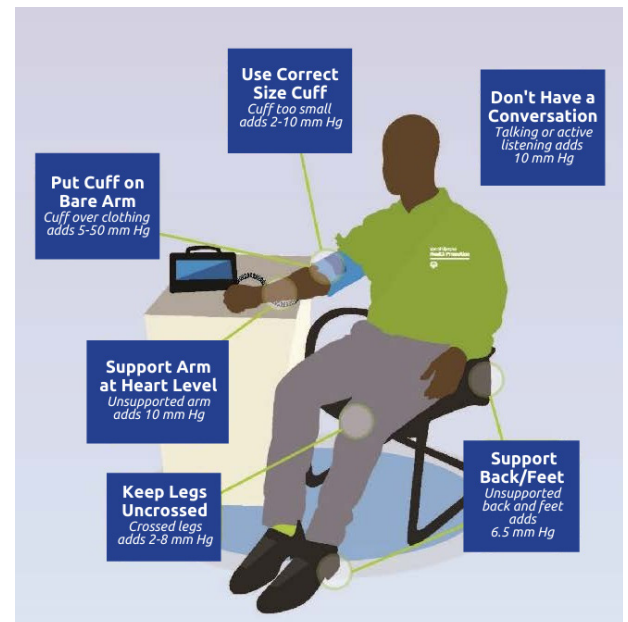
### HOW DO I CHECK MY BLOOD PRESSURE?

- Schedule an appointment with your doctor.
- Visit a pharmacy that has a blood pressure machine.
- Look for a local clinic that offers free health evaluations.
- Check your blood pressure at home with your own equipment.

### Checking Your Blood Pressure at Home:

Ask your doctor about the best home monitors to buy to check your blood pressure. Using an automatic monitor is easiest. Once you have your device, here's how to get started:

- Avoid tobacco, alcohol, exercise, and caffeine a half hour before you take your blood pressure.
- Find a quiet place, sit in a comfortable chair and rest for at least five minutes.
- Follow your monitor's instruction booklet to position the cuff properly and inflate it.
- Write down the top number (your systolic pressure) and the bottom number (your diastolic pressure). Share your records with your doctor.



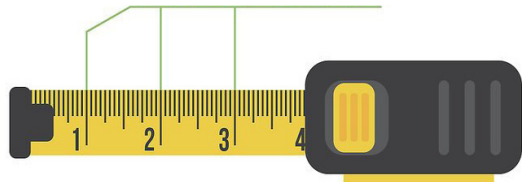
# HEIGHT

## How DO I MEASURE MY HEIGHT?

 You can [click here](#) to watch a video which explains the resources below.

### How to Read a Tape Measure

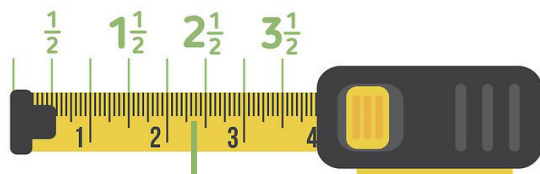
#### INCH LINES



#### HALF INCH LINES



### Recording Your Measurement



This measurement would be  
2 1/2 inches.

## Measuring Your Height

- Remove shoes.
- Stand with back against a wall, feet together, looking straight ahead.
- Have your heels, buttocks, and head touch the wall.
- Place a book on your head against the wall (see picture).
- Mark the wall at the top of your head where the book touches the wall.
- Measure the distance from the floor to the mark and record your height in inches.

## Measuring Tips

- The inch lines extend across the tape measure. There's a big bold number at each inch.
- The half-inch mark is the next longest line between the full inch marks.
- Round your measurement up or down to the nearest half-inch

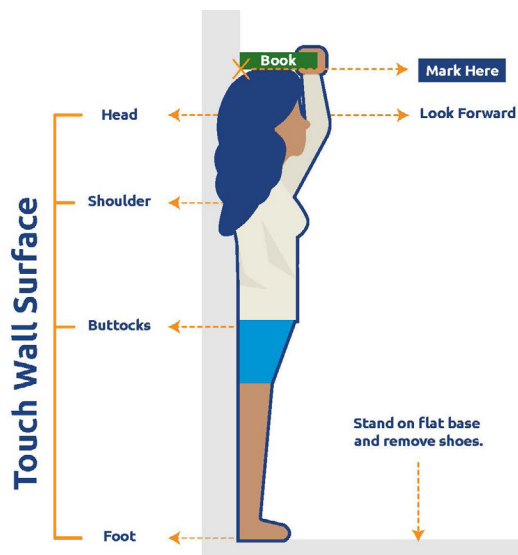
### Materials



Tape measure



A flat sturdy object



Lifestyle Survey Below



Special Olympics  
Pennsylvania

COMMIT TO FIT

Be Active in a New Era

# WEIGHT

## WHY IS YOUR WEIGHT IMPORTANT?

Keeping a healthy weight is important for health and well-being.

Overweight and obesity are known to increase blood pressure. High blood pressure is the leading cause of strokes. Excess weight also increases your chances of high cholesterol, high blood sugar and heart disease.

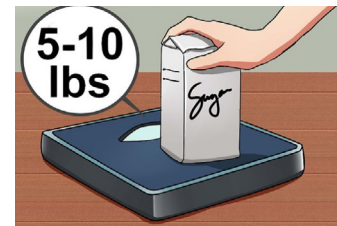
When we weigh ourselves, the weight can be water, fat or muscle. If you lose weight too fast, you might lose muscle rather than fat. Slower weight loss from regular exercise and smart food choices is the best way to lose fat, not muscle.

## HOW DO I MEASURE MY WEIGHT?

 You can [click here](#) to watch a video which explains the resources below.

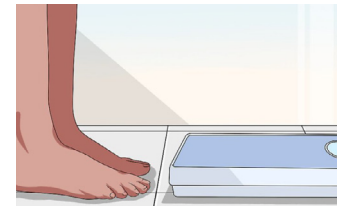
### 1. Check the Accuracy of Your Scale

To check the accuracy of your scale test an object that you already know the weight. Try something like a new, unopened bag of flour or sugar. Test to see if they are the same weight.



### 2. Weigh Yourself and Record Your Weight Each Time

Place your scale on a hard, flat surface like tile or hardwood floor. Stand still on the scale with both feet even and flat, and don't touch or lean onto anything. Read the number and record it, even if it is higher than you expected.



### 3. Make Weighing Yourself Part of Your Weekly Routine

Weigh yourself on the same day of the week and at the same time of day. This will help you get the most accurate picture of whether you are losing or gaining weight. Also, aim to wear the same clothes, or the same type of clothes (ex. exercise shorts and a t-shirt), each time you weigh yourself.



Lifestyle Survey Below



Use the following hashtag on social media when posting photos of yourself! **#FitHepPA**

For more information, please visit

[specialolympicspa.org/commit-to-fit/fitness-heptathlon](https://specialolympicspa.org/commit-to-fit/fitness-heptathlon)