

December 2024 – Blood Pressure Check Challenge

High blood pressure can damage your heart and cause health problems if it stays high for a long time. High blood pressure usually has no warning signs, so many people don't realize they have it. There is only one way to tell if you have high blood pressure and that is by measuring it, which is quick and painless!



This month, have your blood pressure checked twice a week. You can use your own cuff if you have it, or have it checked at the Health Department, DSS, Sylva & Cashiers Senior Centers, Justice Center, or Cullowhee Rec Center. Record your numbers below on each day you have it checked.

You can review to the attachment to this challenge about blood pressure numbers to learn more. If you have concerns about your blood pressure, please make an appointment with your healthcare provider.

Name: _____

Department: _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Image credit: <https://health.clevelandclinic.org/does-your-blood-pressure-fluctuate-widely-heres-why-you-need-to-pay-close-attention/>

Turn in your completed log through interdepartmental mail to **Jenifer Pressley** at the **Cullowhee Recreation Center** by January 10th.