Wellness – Taking Care of Your Blood Pressure Picture This



This image highlights a critical workplace wellness issue: unmanaged blood pressure. High-stress levels, poor diet, lack of physical activity, and long hours at a desk can all contribute to elevated blood pressure. Left unaddressed, this condition can lead to serious outcomes like heart attacks or strokes, as the image suggests.

To protect cardiovascular health, workers should take regular breaks, maintain a balanced diet low in sodium, stay physically active, and monitor blood pressure regularly. Employers can support wellness by offering health screenings, encouraging active breaks, and reducing workplace stress. Recognizing early signs such as chest pain, dizziness, or fatigue and seeking immediate medical attention can save lives. Prioritizing heart health is a shared responsibility that improves both personal well-being and overall productivity.