



HEALTH AND WELLNESS
POWERED LIVING

STROKE AWARENESS





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DEAR PARTNER,

We are committed to working with you to support the health and wellness of your community and site. As part of our partnership we support you with tools and materials to support your health and wellness goals. Each quarter, we share a campaign toolkit on a specific area of focus.

These campaign toolkits provide resources, learning tools, and reading materials. We ask that you share the information with your site attendees. Hang and post these materials throughout your site to raise awareness for the topics shared.

This quarter (April-June) we have prepared some tools for Stroke Awareness Month which occurs in May. Stroke is a leading cause of disability and death among older adults. Educating seniors on stroke risk factors—like high blood pressure, diabetes, and smoking—also encourages healthy lifestyle choices that can reduce their risk.

In this toolkit, are resources that support health to reduce the risks for strokes. Information on DASH diet, helpful exercises; as well as tips on stroke awareness for seniors are included. By promoting awareness, we can support better senior health outcomes and improve their quality of life.

Best,

Nutrition Education Team
Community Food Bank of New Jersey



THE DASH DIET

THE DIETARY APPROACHES TO STOP HYPERTENSION DIET (DASH) IS A DIET THAT IS FOCUSED ON REDUCING HIGH BLOOD PRESSURE AND PROMOTING HEART HEALTH. AS MAY IS STROKE AWARENESS MONTH FOCUSING ON REDUCING THE RISK OF HYPERTENSION THROUGH DIET AND EXERCISE IS ESPECIALLY BENEFICIAL FOR SENIORS. HERE ARE SOME DASH DIET TIPS TO ACHIEVE A SUCCESSFUL OUTCOME.

**START:
LIMIT SODIUM
INTAKE TO 2,300 MG
PER DAY OR LESS**

**ABOUT 1 TEASPOON
OF TABLE SALT**

AVOID:

- SUGARY DRINKS
- SWEETS
- FATTY MEATS
- FULL FAT DAIRY



**FOCUS ON:
FRUITS AND VEGETABLES
& WHOLE GRAINS**



- RICH IN FIBER
- LOW IN CALORIES
- HIGH IN POTASSIUM AND ANTIOXIDANTS

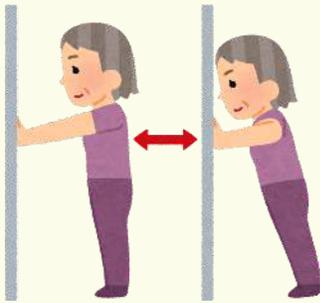
INSTEAD:

- LOW FAT MILK
- BEANS
- FISH
- VEGETABLE OIL



WALL PUSH-UPS

- 1) PLACE YOUR HANDS ON THE WALL AT CHEST-HEIGHT
- 2) KEEP ARMS AND LEGS STRAIGHT
- 3) SLOWLY BEND YOUR ARMS AND LOWER YOUR CHEST TO THE WALL
- 4) RETURN TO ORIGINAL POSITION
- 5) REPEAT



CHAIR SQUATS

- 1) SIT ON THE EDGE OF A STRONG CHAIR AND MAKE SURE IT DOESN'T MOVE
- 2) PLACE YOUR FEET AS WIDE AS YOUR HIPS
- 3) PUSH WITH HEELS TO STAND UP THEN SLOWLY LOWER BACK DOWN
- 4) REPEAT 5-10 TIMES



Interval Walking Training

Alternate 3 mins of normal walking with 3 mins of speed walking.

The speeds are subjective, but a general guide is to think of 40% effort for slow walking and 70% effort for speed walking.

Aim for at least 30 mins AKA 5 cycles, 4-5 times per week.

Multiple studies have shown that alternating slow & fast intervals is more effective than walking continuously at a moderate pace.

The studies show that interval walking is more effective at

- building strength
- controlling blood pressure
- controlling blood sugar
- lowering BMI

STROKE RISK CHECKLIST & PAD



Although uncontrollable factors like age and family history also affect risk, these are the most common lifestyle risk factors that motivated seniors can change.

- Smoking
- High blood sugar
- High blood pressure
- High cholesterol



Are your seniors telling their doctors about leg pain?

Peripheral Artery Disease (PAD) is caused by a similar process as strokes – a buildup of fatty plaques in blood vessels. Many of the risk factors are the same. PAD lowers quality of life and may lead to leg amputations.

In PAD, seniors may experience hip, leg, or foot pain that is triggered by exercise, relieved by resting or standing still, and hurts in the same place every time.

Many seniors do not tell their doctors when they have this type of pain because they assume their pain is due to the natural process of aging or because they cannot differentiate the pain from their other sources of pain, like arthritis.

If your seniors have risk factors associated with stroke, please encourage them not to stay silent on any leg pain they experience.

Resources, Handouts & Flyers

DASH Eating Plan

Interval Walking Training (IWT)

'Japanese Walking': Try This Low-Impact Fitness Hack for Better Heart Health



Additional Scholarly Articles on IWT

<https://doi.org/10.1113/jphysiol.2009.179499>

<https://doi.org/10.2337/dc12-0658>

<https://doi.org/10.1139/apnm-2023-0595>

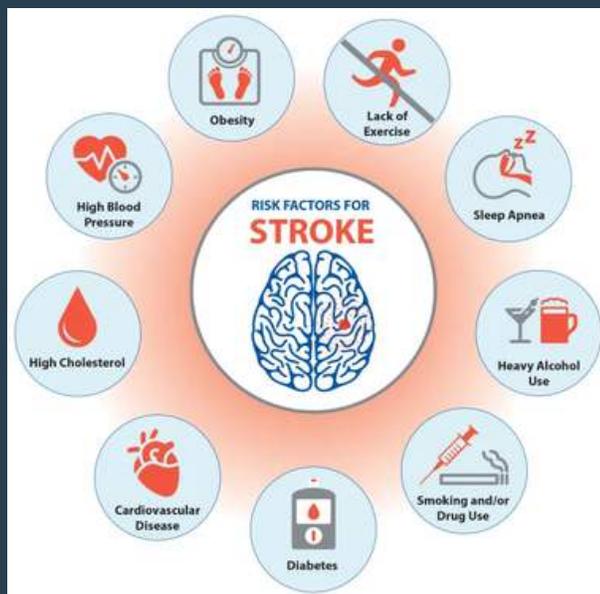
DASH Eating Plan

The Benefits: Lowers blood pressure & LDL "bad" cholesterol.

Eat This	Limit This
Vegetables	Fatty meats
Fruits	Full-fat dairy
Whole grains	Sugar sweetened beverages
Fat-free or low-fat dairy	Sweets
Fish	Sodium intake
Poultry	
Beans	
Nuts & seeds	
Vegetable oils	

www.nhlbi.nih.gov/DASH

Stroke Risk Factors



7 Easy Exercises for Seniors

7 EASY EXERCISES

Try these exercises twice a week to build up your strength, balance and flexibility.

- 1. Stationary March with Arm Swing/Seated March** (Warm-Up)
- 2. Sit to Stand** (Strength Exercises)
- 3. Standing Hip Extension** (Strength Exercises)
- 4. Side Leg Raise** (Balance Exercises)
- 5. Single Leg Stand** (Balance Exercises)
- 6. Triceps Stretch** (Flexibility Exercise)
- 7. Standing Quadriceps Stretch** (Cool Down)