



PARTNERING WITH TOWNSHIPS

TOWNSHIP OFFICIALS OF ILLINOIS RISK MANAGEMENT ASSOCIATION

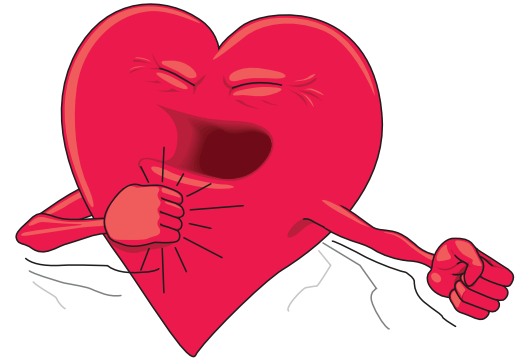
RISK REMINDER

Healthy Lifestyles AND SILENT KILLERS

Sometimes while working a demanding physical job, such as lifting and walking, people may tend to neglect the main muscle in their body, their heart.

Factors that have a direct impact on the heart are:

- High Blood Pressure
- High Cholesterol



These factors are similar in the fact that both often have NO SYMPTOMS. The only way to find out is to have your Cholesterol Levels and Blood Pressure checked regularly.

Complications of High Cholesterol and Blood Pressure include:

- Visual Impairment
- Kidney Damage
- Artherosclerosis
- Heart Attack
- Stroke

There are contributing factors that you cannot control such as Heredity, Race, Gender and Age. Contributing factors that can be controlled are directly related to lifestyle. They include:

- Diet
- Lack of Exercise
- Smoking
- Stress

Healthy Lifestyle Changes include:

- See your doctor and have your Blood Pressure and Cholesterol checked regularly
- Take Medications as Prescribed
- Stay Active
- Eat Healthy
- Reduce Stress
- Quit Smoking



Do you know what your levels are? Is it time for a change?

For more information, contact your Loss Control Consultant at (888) 562-7861

CLAIM REPORTING HOTLINE (844) 562-2720 | Available 24/7