

## Driver Health

Driving can be a stressful job. Between traffic congestion, the actions of other drivers and tight scheduling demands, driving can take its toll on any driver. If you suffer from high blood pressure or hypertension, having a stressful job can make the condition even worse.

Unfortunately, many people who suffer from hypertension do not know it because there are no obvious symptoms. Department of Transportation guidelines recommend a blood pressure reading of 160/90 or less. Getting your blood pressure checked is a simple procedure—many pharmacies and stores now have machines where you can check your blood pressure for free.

In addition to monitoring your blood pressure you can also treat and prevent hypertension by following a few common sense rules:

### Watch What You Eat

Avoid salty foods and saturated fats as much as possible. Choose baked or broiled foods over fried, and include green leafy vegetables in your diet everyday. Salt causes your body to hold onto fluids, increasing blood volume and blood pressure. Saturated fats are involved in blood vessel disease and commonly affect the vessels supplying the heart and brain.

### Exercise

Exercising on a regular basis helps shape up the heart and cardiovascular system. In addition, you can relax easier after exercise. Take a brief walk or jog every day, as even a half-hour of walking daily can have huge benefits to your cardiovascular system.

### Watch Your Weight

Being overweight does not cause hypertension but can put an additional strain on your heart and cardiovascular system.

### Reduce Stress

Try to relax, lighten up, and take it easy. Be sure to get a moment of peace and quiet for at least a few minutes every day and try to relax.