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# LET'S KNOW OUR NUMBERS

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The best offense is a good defense. And the best way to build a good defense is to plan ahead. That's where prevention planning comes into play. Know what's going on in your body and get preventive screenings to check blood pressure, cholesterol, and BMI, so you can stay healthy.



## Under pressure

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A healthy blood pressure helps protect you from heart attack, stroke, and kidney disease. Regular exercise can reduce your blood pressure to healthier levels.



## Healthy bones

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Make sure you're getting enough dietary calcium and vitamin D, which helps you absorb calcium. Yogurt, milk, and fortified orange juice are good sources of both.



## Waist away

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A higher BMI can lead to heart disease, diabetes, and certain cancers. But losing just 5-10% of your body weight can lower your risk and put you on the road to better health.

Want more healthy ideas? Visit [kp.org/prevention](https://kp.org/prevention) or [pinterest.com/kpthrive](https://pinterest.com/kpthrive). 

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