
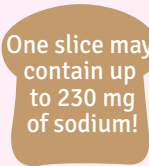



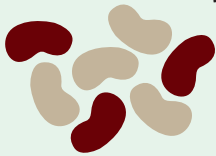

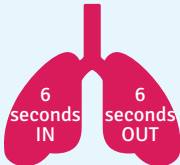











Take the #KidneyHealthChallenge!

Stress Reduction Sunday	Munchies Monday	Hydration Tuesday	Watch Out! Wednesday	Risk Factor Thursday	Kidney Fact Friday	Lifestyle Saturday
<p>1</p>  <p>Shut mobile devices down 1 hr prior to bed for better rest</p>	<p>2</p>  <p>Add greens to smoothies</p>	<p>3</p>  <p>Keep hydrated on-the-go</p>	<p>4</p>  <p>One slice may contain up to 230 mg of sodium!</p> <p>Check your bread labels</p>	<p>5</p>  <p>High blood pressure is a risk factor—have yours checked!</p>	<p>6</p>  <p>Kidneys have a higher blood flow than the brain—exercise to keep the blood flowing</p>	<p>7</p>  <p>Walk somewhere you would normally drive to</p>
<p>8</p>  <p>Laugh! It can burn 4 lbs/year!</p>	<p>9</p>  <p>Replace a serving of red meat with beans or fish</p>	<p>10</p>  <p>Flavour your water with fruits and veggies</p>	<p>11</p>  <p>Watch for added sugar in "healthy" snacks</p>	<p>12</p>  <p>Know your family health history</p>	<p>13</p>  <p>Kidneys filter your entire blood supply every 30 mins- learn how OTC pills may affect them</p>	<p>14</p>  <p>Sing to release stress</p>
<p>15</p>  <p>6 seconds IN 6 seconds OUT</p> <p>Breathe deep</p>	<p>16</p>  <p>Get more veggies in—eat a meat-free meal</p>	<p>17</p>  <p>92% water (watermelon), 96% water (cucumber), 90% water (grapefruit), 95% water (radish), 89% water (pear), 94% water (tomato)</p> <p>Eat more hydrating foods</p>	<p>18</p>  <p>Read labels to look for hidden fats</p>	<p>19</p>  <p>Quit smoking for better health</p>	<p>20</p>  <p>The body can work with one kidney. Register as an organ donor</p>	<p>21</p>  <p>Stretch daily for better posture and stress relief</p>
<p>22</p>  <p>Spend time with a pet or out in nature</p>	<p>23</p>  <p>Fill half of your dinner plate with veggies daily</p>	<p>24</p>  <p>Drink water with every snack and meal</p>	<p>25</p>  <p>Ditch diet sodas—they're linked to reduced kidney function</p>	<p>26</p>  <p>Find out if your ethnicity is high-risk: Asian, Aboriginal, African or South Asian</p>	<p>27</p>  <p>The kidneys filter 2 quarts of urine a day- stay hydrated to help them out!</p>	<p>28</p>  <p>Swap your TV time for gym/active time</p>
<p>29</p>  <p>Give someone a hug- it reduces blood pressure</p>	<p>30</p>  <p>1 tbsp each: dry mustard, paprika, garlic powder, onion powder 1.5 tsp: black pepper 1 tsp each: basil, thyme</p> <p>Make salt-free seasoning</p>	<p>31</p>  <p>then</p> <p>Drink water before your morning coffee/tea</p>	<p>*Fluid and diet tips are not intended for kidney patients. If you have diagnosed kidney disease, please talk to your care team for advice.</p>			