

# Take the #KidneyHealthChallenge!

## Stress Reduction Sunday

1



Shut mobile devices down 1 hr prior to bed for better rest

## Munchies Monday

2



Add greens to smoothies

## Hydration Tuesday

3



Keep hydrated on-the-go

## Watch Out! Wednesday

4



One slice may contain up to 230 mg of sodium!

Check your bread labels

## Risk Factor Thursday

5



High blood pressure is a risk factor- have yours checked!

## Kidney Fact Friday

6



Kidneys have a higher blood flow than the brain- exercise to keep the blood flowing

## Lifestyle Saturday

7



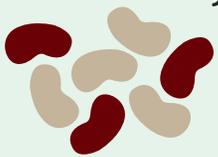
Walk somewhere you would normally drive to

8



Laugh! It can burn 4 lbs/year!

9



Replace a serving of red meat with beans or fish

10



Flavour your water with fruits and veggies

11



Watch for added sugar in "healthy" snacks

12



Know your family health history

13



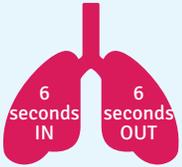
Kidneys filter your entire blood supply every 30 mins- learn how OTC pills may affect them

14



Sing to release stress

15



6 seconds IN 6 seconds OUT

Breathe deep

16



Get more veggies in- eat a meat-free meal

17

Eat more hydrating foods

18



Read labels to look for hidden fats

19



Quit smoking for better health

20



The body can work with one kidney. Register as an organ donor

21



Stretch daily for better posture and stress relief

22



Spend time with a pet or out in nature

23



Fill half of your dinner plate with veggies daily

24



Drink water with every snack and meal

25



Ditch diet sodas- they're linked to reduced kidney function

26



Find out if your ethnicity is high-risk: Asian, South Asian, Aboriginal, African, Hispanic

27



The kidneys filter 2 quarts of urine a day- stay hydrated to help them out!

28



Swap your TV time for gym/active time

29



Give someone a hug- it reduces blood pressure

30



1 tbsp each: dry mustard, paprika, garlic powder, onion powder  
1.5 tsp: black pepper  
1 tsp each: basil, thyme

Make salt-free seasoning

31



then

Drink water before your morning coffee/tea

\*Fluid and diet tips are not intended for kidney patients. If you have diagnosed kidney disease, please talk to your care team for advice.

 **KidneySmart.com**

**BCRenal**  
an agency of the Provincial Health Services Authority