Pair Up

Your Health by the Numbers

10

If you're overweight, losing just 10 pounds can greatly improve your health.

As hard as it can be sometimes, keeping your weight in check is important for staying healthy. If you need to lose weight, start by making small changes. Set goals, and treat yourself to something that motivates you—like a manicure, a new workout shirt or an afternoon at the movies—each time you reach one. Also, don't forget to use your support system—ask your family and friends to help.

1/2

Half of the food on your plate should be fruits and vegetables.

Mom always told you to eat your vegetables. As it turns out, she was right! A diet full of fruits and vegetables is key for healthy living. Fill the rest of your plate with whole grains, lean meats and fat-free dairy items.

150

Aim to get 150 minutes of exercise each week.

That might sound like a lot, but it's just 30 minutes a day, 5 days a week. And you can break it down even further! Think of ways to add just a little more activity to your day. Take the stairs instead of the elevator, or park farther away from entrances. Pair Up with a friend to go walking a few times a week. You'll get to catch up while you burn calories. Start small, and slowly build up to your goal!

Note: *Talk to your doctor before starting a new exercise program.*

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3/4

Diabetes and high blood pressure cause three out of every four cases of kidney disease.

If you have either of these conditions, you may be at risk for kidney disease. You may also be at risk for kidney disease if you have heart (cardiovascular) disease, have a family history of kidney disease, are over age 60 or are African American, Asian American, Native American, or of Hispanic ethnicity. If you think you may be at risk, ask your doctor if you should be tested for kidney disease. Follow a healthy diet, be physically active, and take medicines as your doctor prescribes them—even if you feel fine. Take control of your health! A little effort today may save you lots of trouble later.

60

An eGFR (estimated glomerular filtration rate) less than 60 for 3 months or more is a sign of kidney disease.

Being tested for kidney disease is easy and takes only minutes. In fact, it can be done through simple blood and urine tests. And because kidney disease usually has no symptoms until it is very far along, being tested is the only way to know how well your kidneys are working. Ask your doctor if you are at risk and if you should be tested at your next annual exam or well-woman visit.

Learn more!

Visit **PairUpNow.org** to learn more about what your kidneys do, what may be putting you at risk for kidney disease and where to go to get tested. You can also contact our toll-free HelpLine at **helpline@kidneyfund.org** or **866.300.2900**

Pair Up with a loved one and share what you've learned!