

How Coach Frady Managed His Blood Pressure

“I got the school nurse to check my blood pressure once and it was through the roof. After that she wanted to check it all the time. I didn’t do anything about it for six months. Like a lot of men in our region, I don’t often seek medical treatment. And I’m so busy with work, I felt like I didn’t have time to see a doctor. Over a period of time, when my blood pressure stayed high, I went to the doctor. It was my family more than anything that got me to go - I want to be around for my family as long as possible.

“Once I saw a doctor, I started taking medication for high blood pressure. Early on, it was really hard to remember to take. Now I stay on top of it. I put my pill bottle on top of my cell phone, so when I plug my phone up, I remember to take it. I also changed my diet and started exercising more. People think coaches are really active, but I was so busy with family life that my exercise wasn’t where it needed to be. Now everything I ask my football kids to do, cardio and weightlifting, other coaches and I have started doing too. It’s good teambuilding. My family is eating less fried food and fast food. It’s easy to eat a lot of fast food when you’re on the go with your family, ball games, etc. You have to be intentional about what you eat as a family.

“I feel better. I think a lot of that is from the exercise. It took a month before I saw noticeable differences. My blood pressure is now at a manageable level. My hope is to be able to go off the medication, to control my blood pressure through exercise alone. I don’t know if I’ll be able to, but that’s a goal of mine.”



Enka High football coach Jeff Frady with MAHEC doctor Eric Smith



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Men are notoriously stubborn and impatient - we want things fixed right now. Know it will take some time to reach your blood pressure goal – stick with it.”

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Get a coach!
Talk to a doctor about steps to take **NOW!**