



## **GPS Fleet Tracking and Fuel Management**

**Vehicle GPS Tracking – Only \$10.99 Vehicle/Month. No Contract!**

**Asset Trackers – Just \$6.99 a Month! No Contract Required!**

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## **10 Best Tips To Keep Your Blood Pressure Always In Order**

1. Avoid eating greasy food.
2. Start your day with 15 min of physical activity.
3. Every time you have lunch you should have 15 minute walk after it.
4. Avoid sugar as much as you can.
5. Alcohol over weekend is very bad for the blood pressure. Try to avoid it.
6. Drink water as much as you can, avoid pop and other sodas.
7. Avoid having stressed situations by planning events as much as you can in advance.
8. Always have enough time to rest and sleep. Sleeping is the most important time for body system.
9. You should avoid eating any food few hours before you go to sleep because the high blood pressure can occur during sleep as well.
10. Every day in the morning have a table spoon of honey and a glass of warm water – this will keep your blood pressure in order.