



Caroline Shafa

**Vice President of Operations
Sibley Memorial Hospital**

1. Does anyone in your family have high blood pressure? If so, how has this impacted your lifestyle choices?

Some of my family members have had high blood pressure which has motivated me to make better health decisions and manage my own blood pressure. I also get my blood pressure checked regularly to make sure I'm at a healthy level.

2. What are you doing to keep yourself from feeling down?

We all feel down sometimes. I have found that making sure I stay invested in relationships with others, and connected with family and friends helps balance out my perspectives, and have an outlet when something is on my mind.

3. What kinds of physical exercise and activities do you participate in?

I aim to exercise several days each week. I am a member at a local gym and love the classes, especially my new favorite class called Body Pump that is focused on strength building with lighter barbell repetitions. Also, playing tennis or soccer with my son keeps me active.

4. What stress reduction techniques do you use to decompress from a busy day?

I really look forward to a hard workout at the gym after a busy day, if I can. If I don't make it to the gym, I make sure to take a walk or be outside for at least 30-45 minutes when I get home.

5. What is your approach to eating a healthy diet?

I like to cook, but also keep it simple. I eat as much fresh food as I can, especially vegetables and fruits, and try to prioritize protein. Lately, I've been making a mean smoothie every morning with frozen berries and avocado.

Questions about the Healthy at Hopkins rewards program?

Take a moment to review the rewards program [FAQ](#) for helpful answers to common questions about the program, the portal and how to maximize your well-being journey.

Healthier Together

**Scan the QR
code to log into
the Healthy at
Hopkins portal!**



[CLICK HERE](#)

to view the Worksite Wellness
Menu and request an event.