

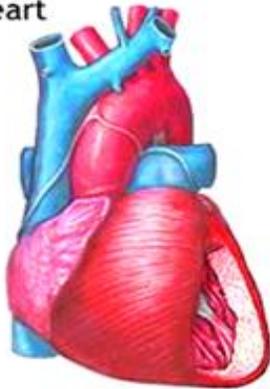
“Prevent or Control Hypertension”

How Exercise and Nutrition Strengthen Your heart and Lungs

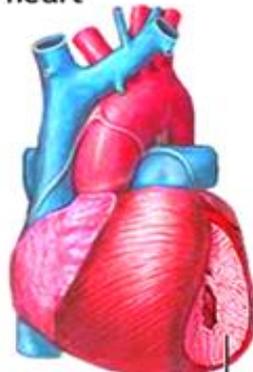
What We Know: Exercise is one of the fastest and most effective ways to reverse insulin resistance as well lose weight. Losing weight, particularly around the abdomen, not only improves insulin sensitivity but also lowers your risk of heart disease. Adopt a high-protein, low-sugar diet.

Prevention or Control of: *Hypertension (high blood pressure)*

Normal heart



Hypertensive heart

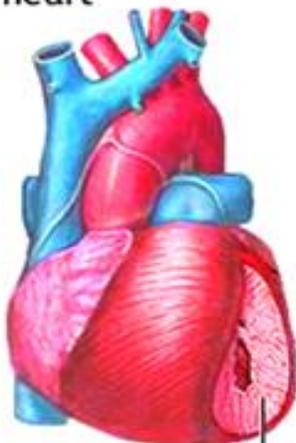


Thickening in walls of ventricles

Hypertension has multiple environmental and genetic causes, that weaken the cardiovascular system. As this occurs, normal bodily functions become excessive demands on the cardiovascular system.

Sedentary lifestyle demands very little effort from your heart and lungs. When higher cardio output is required for an activity then the body can sustain, difficulty breathing, heart attack and stroke can take place.

Hypertensive heart



Thickening in walls of ventricles

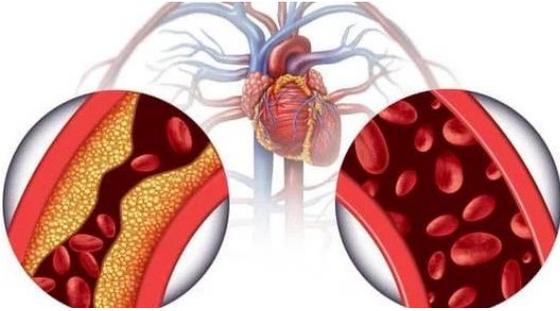
High blood pressure means the pressure inside the blood vessels (called arteries) is too high. As the heart pumps against this pressure, it must work harder. Over time, this causes the heart muscle to thicken. Because there are often no symptoms with high blood pressure, people can have the problem without knowing it.

Here are the hypertension categories:

- **Normal:** Systolic (top number) 120 or lower, diastolic (bottom number) 80 or lower
- **Prehypertensive:** Systolic (top number) 120-139, diastolic (bottom number) 80-89
- **High (hypertensive):** Systolic (top number) 140 or higher, diastolic (bottom number) 90 or higher

Prevent or Control Hypertension with Exercise and Nutrition.

The excess strain and resulting damage from high blood pressure (HBP or hypertension) causes the coronary arteries serving the heart to slowly become narrowed from a buildup of fat, cholesterol and other substances that together are called plaque. This slow process is known as atherosclerosis.



Adding a fitness program that includes daily exercise, can lower your systolic blood pressure, the top number in a blood pressure reading. That's as good as some blood pressure medications. Many people find that implementing daily exercise is enough to reduce the need for blood pressure medication.

Exercise is powerful medicine. Walking briskly for 30 minutes to 45 minutes, five or six days a week, can lower your blood pressure up to 10 points.