

CHANGE YOUR BLOOD PRESSURE, CHANGE YOUR LIFE!

One in three American adults has high blood pressure, which puts them at risk for stroke and heart disease, two of the leading causes of death in the U.S. In response to this critical health issue, YMCA's Blood Pressure Self-Monitoring program offers personalized support as participants develop the habit of monitoring their blood pressure. Research shows that the process of recording blood pressure at least twice a month over a period of four months can lower blood pressure in many people with high blood pressure.


FIND OUT MORE: Email Darlene Kievit at darlenek@lhymca.com or call 973.507.7026





NEW

BLOOD PRESSURE

KNOW YOUR NUMBERS

Heart experts this week officially lowered the range for blood pressure readings considered to be high, which means **nearly 1 out of every 2 adults in the U.S. has high blood pressure.**




NORMAL	ELEVATED	HIGH	
below 120 below 80	120 to 129 below 80	130 to 139 80 to 89	LIFESTYLE CHANGES <i>that lower blood pressure</i>
		Also called Hypertension	 MOVE MORE 30 minutes, 5 times a week
			 FOCUS ON NUTRITION Eat potassium-rich fruits and vegetables
			 DE-STRESS Try meditation and mindfulness
			 DON'T SMOKE If you smoke, quit


THE GUIDELINE CHANGE MEANS

46 PERCENT

OF U.S. ADULTS, MANY OF THEM UNDER THE AGE OF 45,
NOW WILL BE CONSIDERED **HYPERTENSIVE.**


[/Intermountain](#)





CHRONIC DISEASE
PREVENTION

LAKELAND HILLS FAMILY YMCA



BLOOD PRESSURE SELF-MONITORING PROGRAM

Target Disease:
Hypertension
No Membership
Required
Program Offered
at No Cost

PROGRAM CONTENT

Often referred to as "The Silent Killer" because there are typically no warning signs or symptoms, high-blood pressure (HBP) is also referred to as Hypertension. HBP is a key, modifiable risk factor for both heart disease and stroke, which are two of the leading causes of death in the U.S. The YMCA's Blood Pressure Self-Monitoring program is designed to help adults with hypertension lower and manage their blood pressure. There is NO membership requirement and NO cost to participate. All participants receive a **FREE** blood-pressure monitor!

Through the program and with the support of a trained Healthy Heart Ambassador, participants will aim to:

- Measure and record their blood pressure at home at least twice a month, gaining increased awareness of triggers that impact blood-pressure readings
- Learn how to properly measure their blood pressure
- Attend two personalized consultations per month with a Healthy Heart Ambassador
- Attend monthly nutrition-education seminars

Individuals must meet the following criteria to participate in the program:

- Must be at least 18 years old
- Must be diagnosed with high blood pressure or currently taking antihypertensive medication
- Must not have experienced a recent cardiac event
- Must not have atrial fibrillation or other arrhythmias
- Must not be at risk for lymphedema

High Blood Pressure
"THE SILENT KILLER"

is mostly preventable

78

MILLION adults have it

yet less than **HALF** have it UNDER CONTROL

CONTACT

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