

High Blood Pressure Month

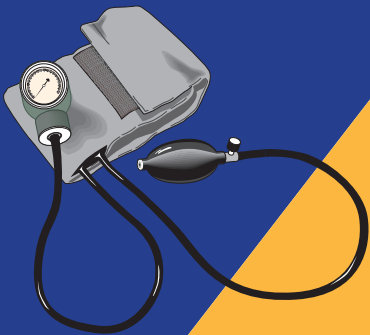
Blood pressure is the force of blood against the walls of the arteries. It's recorded as two numbers. The top number measures systolic pressure - the pressure against the artery walls while the heart beats. The bottom number measures diastolic pressure - the pressure between heartbeats while the heart refills. The results are given as systolic to diastolic, such as 120/80.

Causes & Risk Factors

In most cases, high blood pressure is caused by an interplay of risk factors. These include:

- * Family history of HBP.
- * Aging. More than half of older adults have HBP.
- * Smoking cigarettes.
- * Race. African Americans are more likely to have HBP than Caucasians.
- * Gender. Men are more likely to have HBP than women (until they reach menopause).
- * Being inactive. Obesity.
- * Poor nutrition and diet.
- * High-sodium diet in some persons.
- * High-alcohol intake in some persons.
- * Emotional distress.

High blood pressure may also be caused by another medical problem or be a side effect of some medicines. This is called secondary hypertension, which is usually reversible or treatable.



What is Fitness?

Fitness has 4 parts:

1. Heart & lung fitness.
2. Muscle fitness.
3. Flexibility.
4. Body Make-up.

Benefits of Fitness

- * Improves heart function & breathing.
- * Makes muscle & bones stronger.
- * Lowers the risk of getting some cancers, heart disease, osteoporosis & type 2 diabetes.
- * Helps control your weight.
- * Lowers cholesterol and helps keep blood pressure under control.
- * Relieves stress and lowers the risk of depression. It helps you sleep better.

Physical Fitness Month