

EXERCISE

a drug free approach to lowering hypertension



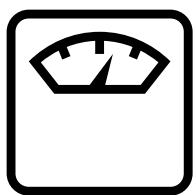
Exercise 3 times a week

for 25 minutes a day



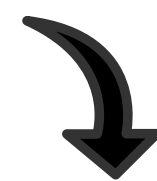
33% of adults

have hypertension



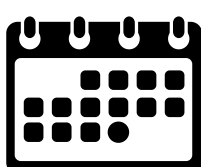
Exercise can:

- Improve mood
- Help weight loss
- Lower blood pressure



How it adds to your SMBP experience

Can lower your blood pressure by 10 mmHG



How to manage your time while exercising

Try exercising for 30 minutes a day or 75 minutes a week



Exercising can be fun!

You can mow the lawn, play with your kids, or go on walks

SOURCE: <https://www.mayoclinic.org/diseases-conditions/high-blood-pressure/in-depth/high-blood-pressure/art-20045206>

 cpacs.cosmo health center

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