



ELITE

Personal Training and Fitness Solutions

## HEALTH TIP OF THE WEEK

### 11/8 - Heart Disease and Blood Pressure

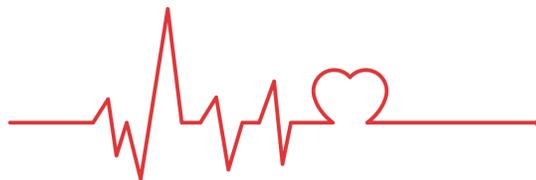
**One person dies every 36 seconds in the United States from cardiovascular disease. About 700,000 people in the United States die from heart disease each year.**

Heart disease is the leading cause of death for men, women, and people of most racial and ethnic groups in the United States. One person dies every 36 seconds in the United States from cardiovascular disease. About 700,000 people in the United States die from heart disease each year —that's 1 in every 4 deaths!

There are various types of heart disease. By far, the most common is hypertension (high blood pressure). We all know that high blood pressure is bad. That's a no-brainer. But is there a crucial number for determining high blood pressure. Yes, there is. Extensive research has set the benchmark at 130 or less for the systolic (upper number) reading.

When your heart beats, it squeezes and pushes blood through your arteries to the rest of your body. This force creates pressure on those blood vessels. That's your systolic blood pressure. Future articles will address the diastolic (lower number) as well. Both numbers are important in determining the state of your heart health.

Obviously, the higher the blood pressure the worse for your health, and the lower the better. However, it is important that your systolic number is consistently at 130 or below.



Elite Personal Training and Fitness Solutions does not provide medical treatment or intervention. We acknowledge scientific evidence that appropriately intensive exercise and sustainable nutritional intervention can have significant impact on chronic health disorders and obesity, dramatically improving symptoms when recommendations are followed. Please visit us at [Eliteptf.com](http://Eliteptf.com) for more information and to schedule your evaluation.

Elite Personal Training and Fitness Solutions | 215-947-2099 | 1800 Byberry Rd # 703 Huntingdon Valley, PA 19006

# HEALTHY BLOOD PRESSURE FOR LIFE

- It is important to have your blood pressure taken regularly. Make every effort to keep that top number under 130. This could make the difference between attending your grandchildren's graduation in a wheelchair or standing up and cheering them on – or maybe not seeing them graduate at all. That's a sobering thought, but let it sink in.
- Physicians control blood pressure by prescribing medicine. This strategy can quickly lower blood pressure into a safe range. However, without lifestyle changes such as improved nutrition and regular exercise, this will only be "kicking the can down the road" until your blood pressure increases again and more medicine is needed.
- Speaking of medication, it doesn't address the root causes and all medications have potential adverse reactions. Medications have potential side effects. It is entirely possible to avoid or eliminate blood pressure medications through healthy eating and regular exercise.

Are you feeling overwhelmed by the lifestyle changes necessary to maintain healthy blood pressure? Don't be. And don't put this off.

Your health is important, and we can help.

If you are overweight, you can expect to shave about one point off your blood pressure for every pound you lose. That's some powerful motivation!



David Trumbore  
PT, DPT, CSCI, CWT, CPI

## Take-Home Message

Our staff have the training and expertise to guide you in achieving and maintaining healthy blood pressure through nutrition and exercise. Please call to discuss your specific issues. We do not offer a one-size fits all program. All plans are targeted to individual needs.

FOR MORE DETAILED INFORMATION ON NUTRITION, SUPPLEMENTS, OR FOOD & DRUG INTERACTIONS, PLEASE CONTACT OUR OFFICE.

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