



Living With High Blood Pressure

If you have high blood pressure, it is important that you:

Keep track of your blood pressure. Learn to take your own blood pressure at home or have it regularly checked by a health care professional. Write it down each time (with the date).

Talk to your health care provider about the names and dosages of your blood pressure medicines and how to take them.

If you think you're having other problems (side effects) from taking your medicine, talk to your doctor. Another medicine may be better for you, or the problem may not be related to the medicine.

Refill your blood pressure medicines before they run out.

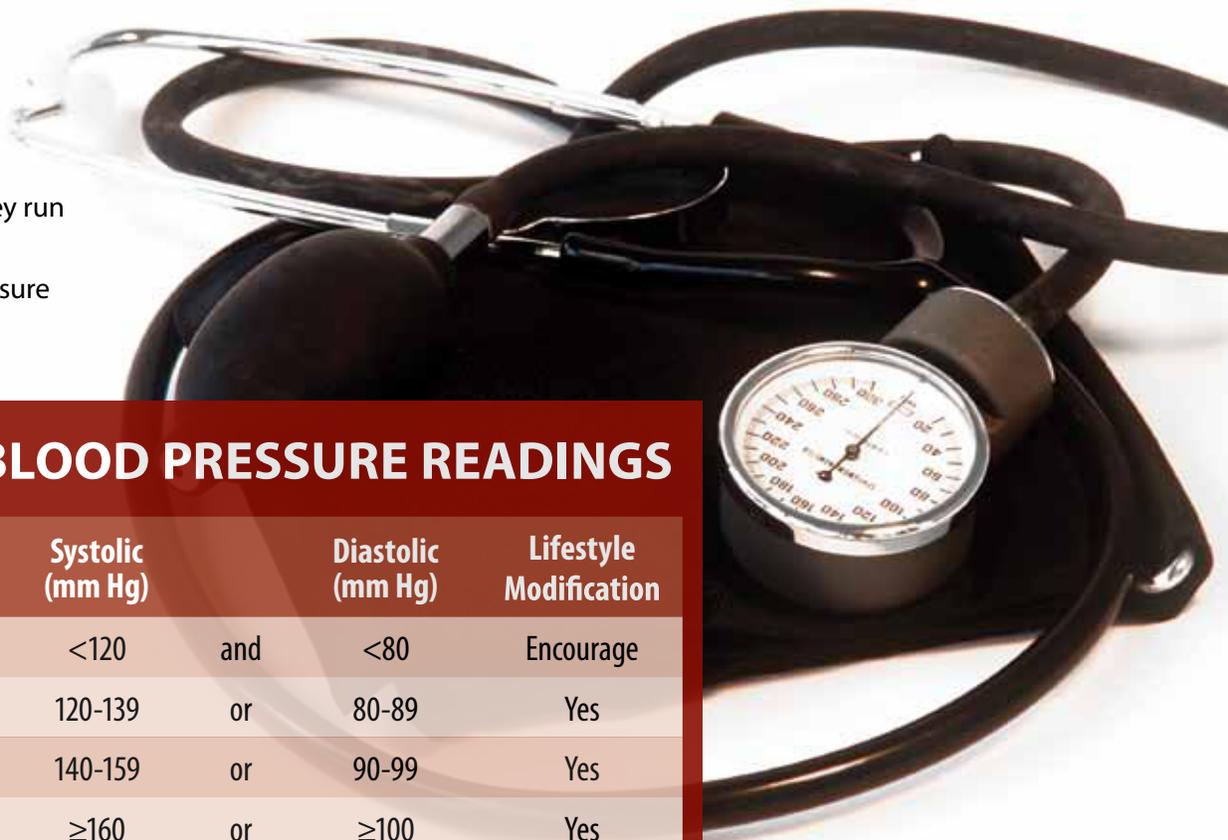
Take your blood pressure medicines exactly as directed.

Keep your follow up appointments with your health care provider.

Choose healthier habits—for example, eat a heart healthy diet, exercise regularly, and don't smoke.

Ask your doctor or health care provider questions about your treatment and what you need to do to take care of yourself and lower your high blood pressure.

Remember, high blood pressure has no symptoms. If you have it, you cannot tell by the way you feel when your blood pressure level is high.



GUIDE TO BLOOD PRESSURE READINGS

| Blood Pressure Classification | Systolic (mm Hg) | | Diastolic (mm Hg) | Lifestyle Modification |
|-------------------------------|------------------|-----|-------------------|------------------------|
| Normal | <120 | and | <80 | Encourage |
| Prehypertension | 120-139 | or | 80-89 | Yes |
| Stage 1 Hypertension | 140-159 | or | 90-99 | Yes |
| Stage 2 Hypertension | ≥160 | or | ≥100 | Yes |

Source: http://www.nhlbi.nih.gov/health/dci/Diseases/Hbp/HBP_WhatIs.html



elliptical machines

Good News for Bad Knees

Looking for a way to stay active but don't have the knees you once did, or hips or back for that matter? Glide on over to elliptical training. Designed to follow the natural path of your ankle, knee and hips, elliptical trainers greatly reduce the impact of stress on your joints. By the way, elliptical means egg-shaped, or oval, just in case you were wondering.

Exercising on an elliptical trainer is like combining stair stepping with cross-country skiing. Typical machines allow you to go either forward or backward and add or reduce resistance. Some machines have ski-like poles so you can get a total body workout.

What about you non-bad knee types—still want to stick to your treadmill workouts?

A recent study looking at elliptical-vs-treadmill machines found that participants used 12% more oxygen and experienced greater heart rate on elliptical machines. Even though the study was done on persons with existing cardiovascular disease, the authors said the study confirms other investigations with healthy populations that elliptical training is as good for you as the treadmill, without the impact.

Before jumping on the elliptical machine for the first time, be sure to practice proper Elliptical Etiquette:

Try to keep your feet on the step platform at all times, including your heels.

Stand up straight, shoulders back and looking forward.

Move smoothly and balance your weight evenly.

If your machine has poles, grip them lightly!

Source: Journal of Exercise Physiology Online

Choosing An Elliptical Machine For Home Use

If you are building a home gym and want to add an Elliptical machine, Consumer Reports offers you this advice:

You're more likely to be happy with a machine that has:

- an easy-to-read monitor.
- easy-to-understand controls.
- pushbuttons to adjust the resistance electrically.
- Watch out for models with narrow pedals and with moving arms that can hit your arms when you hold the fixed handles.
- When you try an elliptical in the store, make sure you feel comfortable with the elliptical pattern; it varies from one machine to another.
- Additionally, look for a warranty of a year or more.

An elliptical exerciser provides a good workout without the joint-pounding impact of running on a treadmill. Be warned—unless you want to pay top dollar, don't expect a model designed for home use to match the quality of health-club versions.

Source: Consumer Reports

