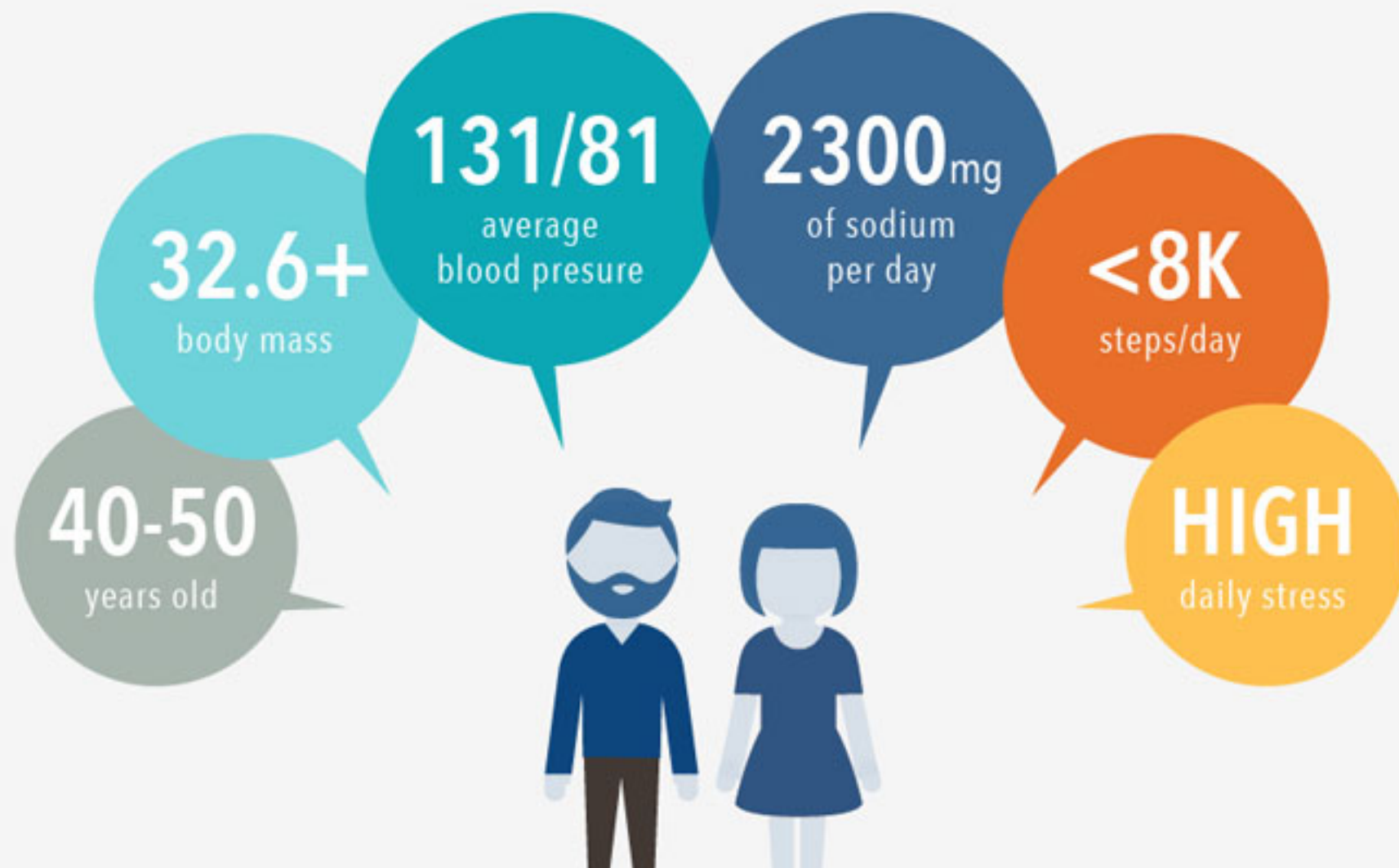


HYPERTENSION PREVENTION

High blood pressure is out of control in the US and worldwide. 2 out of 3 adults in the US (that is 150 million people) and over 1 billion people worldwide have pre-hypertension or hypertension! Only 54% have their blood pressure under control. See what contributes to it and how you can prevent it.

PRE-HYPERTENSION STATS

If you're a Mom or Dad in your middle years, you're probably like this



SO WHAT?

Hypertension is the leading cause of cardiovascular disease worldwide leading to premature death. High blood pressure is the single most important risk factor for stroke and heart attacks.

BLOOD PRESSURE

A normal and healthy Blood Pressure reading should be below 120/80.

WHERE YOU SHOULD BE

119/73
NORMAL

WHERE YOU ARE NOW

131/81
PRE-HYPERTENSIVE

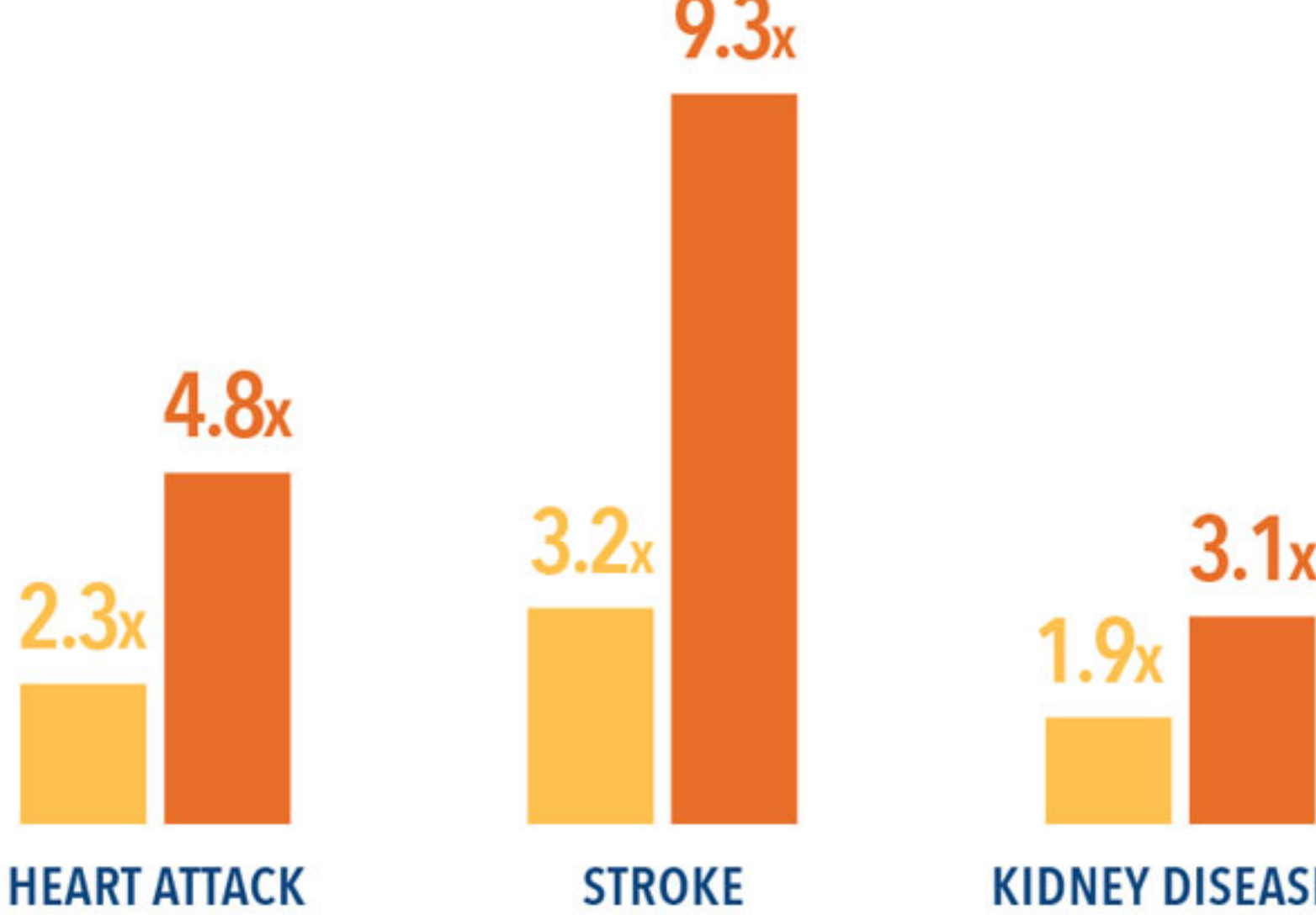
WHERE YOU ARE HEADED

146/90
HYPERTENSIVE

THE RISKS

You might be at risk for developing Hypertension if things don't change.

- Pre-hypertension Risks
- Hypertension Risks



Your risk of dying from a heart attack within 10 years is up to 4.8x greater than someone with normal blood pressure.

Your risk of dying from a stroke within 10 years is up to 9.3x greater than someone with normal blood pressure.

Your risk of dying from kidney disease within 10 years is up to 3.1x greater than someone with normal blood pressure.

BODY MASS INDEX

high Body Mass Index (BMI) and Hypertension can lead to serious cardiovascular issues such as heart attack, stroke and kidney disease.



SODIUM INTAKE

A lower-salt diet means eating less than 1,500 mg of sodium p day. High sodium content is present in typical restaurant food and commercially prepared food (e.g. store, canned, frozen).



WHERE YOU SHOULD BE

<1,500mg

Where should be if you limit the amount of times you eat out. This is equivalent to eating out 1x a week.

WHERE YOU ARE TODAY

2,300mg

Where you are today. This is equivalent to eating out 3x a week.

WHERE YOU ARE HEADED

3,000+mg

Where you could end up. This is equivalent to eating out 6x a week.

STRESS

Stress can lead to bad habits which can impact your blood pressure.



PREVENT HYPERTENSION TODAY



Reducing or losing weight can reduce systolic blood pressure by

3-11 mg HG



Reducing sodium in your diet can reduce systolic blood pressure by

1-4 mg HG



Increasing physical activity can reduce systolic blood pressure by

4-10 mg HG



Managing or reducing stress can reduce systolic blood pressure by

1-5 mg HG

TAKE CONTROL

Take a 30 seconds quiz to understand your blood pressure range and what you can do to lower blood pressure.

VISIT HEARTHABIT.IO/TAKECONTROL