



BRIAN DANLEY FITNESS

BLOOD PRESSURE (mm Hg)

	SYSTOLIC	DIASTOLIC
NORMAL	< 115	< 75
PRE-HYPERTENSION	120-139	80-89
STAGE 1 HYPERTENSION	140-159	90-99
STAGE 2 HYPERTENSION	≥ 160	≥ 100

REDUCING HIGH BLOOD PRESSURE:

- **EXERCISE**
- **LOSE BODYWEIGHT**
- **EAT FRUITS, VEGETABLES, WHOLE GRAINS, LOWFAT DAIRY PRODUCTS**
- **< 2.4g SODIUM DAILY**
- **> 4.7g POTASSIUM DAILY**
- **> 200mcg CHROMIUM DAILY**

- **DECREASE SUGAR INTAKE**
- **MODERATE ALCOHOL INTAKE**
- **MEDICATIONS (e.g., diuretics, beta-blockers, Ca-channel blockers, vasodilators)**
- **DECREASE CARB INTAKE**