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exercise research suggests that both
aerobic and resistance exercise can
help delay or manage blood pressure
and that after exercising blood pressure
may be lower for up to 24

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power of blood pressure power foods

like bananas spinach and yogurt start a
simple regimen of exercise and stress
reduction stay on track with checklists
meal

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breathing avoiding stressful situations
where possible putting strategies such
as better time management in place to
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these steps involve changing your diet

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to you and your blood pressure
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blood pressure regular exercise makes
the heart stronger a stronger heart can
pump more blood with less effort as a

result the force on the arteries
decreases this lowers blood pressure
blood pressure is measured in
millimeters of mercury mm hg there
are two numbers in a blood pressure
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