

# TAKE ACTION TO IMPROVE HEART HEALTH

## BLOOD PRESSURE SELF-MONITORING

1 IN 3 AMERICAN ADULTS HAVE HIGH BLOOD PRESSURE



## HOW THE PROGRAM WORKS

Participants will work with trained Healthy Heart Ambassadors for the duration of the four-month program. During this time, participants will be encouraged to:

- Self-measure their blood pressure at least two times per month
- Attend two personalized consultations per month
- Attend monthly nutrition education seminars

Participants will record their blood pressure readings using an easy-to-use, self-selected tracking tool. The Y will provide options for participants who need a home blood pressure monitor.

**\$50** MEMBERS

**\$75** PROGRAM MEMBERS AND NON-MEMBERS

## PROGRAM GOALS

- Reduction in blood pressure
- Better blood pressure management
- Increased awareness of triggers that elevate blood pressure
- Enhanced knowledge to develop healthier eating habits

## TO QUALIFY, PARTICIPANTS WILL:

- Be at least 18 years old
- Be diagnosed with high blood pressure
- Not have experienced a recent cardiac event
- Not have atrial fibrillation or other arrhythmias
- Not be at risk for lymphedema



## HUNTINGTON YMCA

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