

# MAINTAINING A HEALTHY BLOOD PRESSURE

## INTRODUCTION:

In this session, we will learn about the anatomy and function of the cardiovascular system and the factors that contribute to high blood pressure.

We will also explore the various lifestyle choices that can be made to maintain a healthy blood pressure and prevent hypertension. From diet and exercise to stress management and medication, there are many ways to support a healthy cardiovascular system.

By the end of this session, participants will have a deeper understanding of the importance of maintaining a healthy blood pressure and the steps they can take to achieve and maintain it.

## Topics to be covered:

- Understanding the anatomy and function of the cardiovascular system
- Factors that contribute to high blood pressure
- Lifestyle choices for maintaining a healthy blood pressure
- Diet and Nutrition
- Exercise and Physical activity
- Stress management

## Conclusion:

By the end of this session, participants will have a better understanding of the importance of maintaining a healthy blood pressure and the role of lifestyle choices in preventing hypertension.

They will learn about the various lifestyle choices that can be made to maintain a healthy blood pressure such as diet, exercise, stress management and medication, and how to make changes to improve their own blood pressure.

They will also learn about the importance of monitoring and maintaining blood pressure over time to detect any issues early on and take action accordingly.

The knowledge and tools acquired from this session will help participants to make informed choices and support them to lead a lifetime of wellness.

**Length:** 60mins (presentation only), 90mins (includes practical exercises)

**Delivery Option:** Face-to-Face, Virtual

