



Action Plan for High Blood Pressure (Action Plan for Health)

Jon Divine

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Lower blood pressure, boost energy, and reduce or eliminate the need for medication with *Action Plan for High Blood Pressure*. Based on proven research, this exercise-based plan will help you take control of your diet and your health.

Learn the best exercises for controlling blood pressure; correct exercise technique; and how diet, medication, and exercise interact to affect blood pressure. Use one of the sample programs provided or tailor a program to your own needs with workouts to gain strength, flexibility, and stamina.

Developed in conjunction with the American College of Sports Medicine, *Action Plan for High Blood Pressure* is the healthy way to manage hypertension. Take action now to feel and function better, and add quality years to your life.

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