

LOWER YOUR **BLOOD** PRESSURE



CHALLENGE

BY LUCY WYNDHAM-READ

ALARMING STATISTIC

*According to the World Health Organisation:

In March 2023 and estimated
1.28 Billion adults worldwide
have High Blood Pressure.



This got me thinking,
wouldn't it be a good idea to
create a Free Exercise and Health
Plan to help reduce blood
pressure and that shockingly
high statistic.....

because THE GREAT NEWS

is that lifestyle changes
can help to lower
existing high blood
pressure and also
prevent it.

These include:

- **EXERCISE**
- **HAVING A HEALTHY DIET**
- **REDUCING SALT INTAKE**
- **REDUCING ALCOHOL**
- **QUITTING SMOKING**

FACTS

High Blood Pressure is also called **HYPERTENSION** and is sometimes shortened to **HBP**

Most people with Hypertension *never feel any symptoms,*

this is why it is a good idea to know your numbers,



especially if you are over 40 it is a good idea to get yours checked by your

**DOCTOR
OR AT A
PHARMACY**



UNDERSTANDING THE NUMBERS

Firstly Blood Pressure is measured in **MILLIMETRES OF MERCURY (mmHG)**

SYSTOLIC



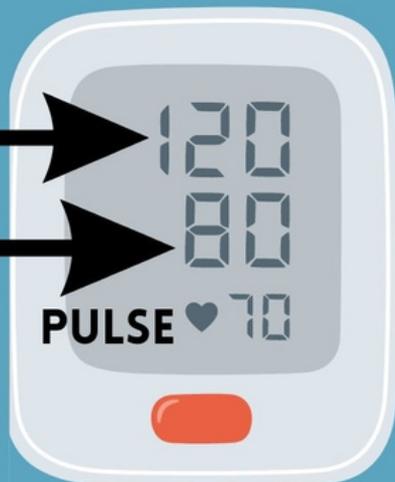
120

DIASTOLIC



80

PULSE ♥ 70



You have 2 numbers used when it comes to your reading.

The top one which is referred to as **SYSTOLIC** is the pressure when your heart pushes blood out.

The second bottom number is the **DIASTOLIC** is the pressure when your heart rests between beats. Your **PULSE** is the number of times your heart beats in a minute.



UNDERSTANDING THE READINGS GENERAL GUIDE



Normal Blood pressure is at or under 120 Systolic over 80 diastolic

So if your reading is at or under then this is good and keep doing what you are doing.

Elevated Blood Pressure is between 120 -129 Systolic and less than 80 diastolic. If you consistently have these readings you could develop high blood pressure



High Blood Pressure if your readings are consistently above 130 over 80. Stage 1 (hypertension)



High Blood Pressure if your readings are consistently above 140 over 80. Stage 2 (hypertension)



If you have **HIGH BLOOD PRESSURE** and if you are **NEW TO EXERCISE** then I do **RECOMMEND** you always check with your doctor before starting a new workout programme. You can always email them this programme and get their approval first.

As a qualified trainer, I am always on a mission to do everything I can to help people worldwide with their health.



PLEASE DO BE SENSIBLE AND ALSO IF YOU ARE FEELING UNWELL THEN DO NOT EXERCISE.

IF YOU ARE UNSURE YOU

CAN CLICK HERE TO READ

THIS USEFUL LINK WITH GUIDANCE ON EXERCISE AT BLOOD PRESSURE UK

Within this programme, I have found some very helpful blogs online from Health Specialist Websites such as The NHS, Blood Pressure UK and The British Heart Foundation.

Alongside some of my own blogs for healthy lifestyle guidance.

I have created a couple of specific workouts, especially for this plan.



Please note this workout launches Thursday the 27th of April on my YouTube Channel



Please note this workout launches Thursday the 28th of April on my YouTube Channel

Throughout this challenge, we are also using workouts from my YouTube Channel.



These will consist of workouts which will help to improve heart health, reduce cholesterol and blood pressure. There will be a mix of low-impact cardio and walking workouts.

These include a gentle warm up, the workout and your cool down.

These are low impact and all standing moves, with no equipment needed.

It is always important to fully warm up and always cool down when you exercise.

Here is a Warm-Up Routine you can always follow:



And this is a Cool Down Stretch Video:



You can always swap any of the workouts for heading outdoors for a walk.

The aim of this challenge is to become less sedentary and more active to help reduce high blood pressure.

Why not write down your reading at the beginning of the week.

WEEK 1



*LBP
(STANDS FOR LOWER BLOOD PRESSURE)

DAY 1 15 MIN *LBP WORKOUT A



DAY 2 3000 STEPS WORKOUT



DAY 3 15 MIN LBP WORKOUT B



DAY 4 20 MIN WALK WORKOUT



DAY 5 15 MIN LBP WORKOUT A



DAY 6 15 MIN LBP WORKOUT B



DAY 7 10 MIN WALK WORKOUT



Reading at the end of Week 1

LWRFITNESS.COM

Why not right down your reading at the beginning of the week.

WEEK 2



DAY 1 15 MIN LBP WORKOUT A



DAY 2 10 MIN CARDIO WORKOUT



DAY 3 15 MIN LBP WORKOUT B



DAY 4 25 MIN WALK WORKOUT



DAY 5 15 MIN LBP WORKOUT A



DAY 6 15 MIN LBP WORKOUT B



DAY 7 15 MIN WALK WORKOUT



Reading at the end of Week 2

BLOG

HOW TO CUT
DOWN ON SALT
CLICK HERE TO
READ



Why not right down your reading at the beginning of the week.

WEEK 3



DAY 1 15 MIN LBP WORKOUT A



DAY 2 10 MIN CARDIO WORKOUT



DAY 3 15 MIN LBP WORKOUT B



DAY 4 30 MIN WALK WORKOUT



DAY 5 15 MIN LBP WORKOUT A



DAY 6 15 MIN LBP WORKOUT B



DAY 7 10 MIN WALK WORKOUT



Reading at the end of Week 3

BLOG

**INCLUDE FRUIT
AND VEGETABLES
IN YOUR DIET**



**CLICK
HERE TO
READ**

Why not right down your reading at the beginning of the week.

WEEK 4



DAY 1 15 MIN LBP WORKOUT A



DAY 2 20 MIN WALK WORKOUT



DAY 3 15 MIN LBP WORKOUT B



DAY 4 7 MIN WALK WORKOUT



DAY 5 15 MIN LBP WORKOUT A



DAY 6 15 MIN LBP WORKOUT B



DAY 7 25 MIN WALK WORKOUT



Reading at the end of Week 4

BLOG

HOW TO REDUCE
ALCOHOL

CLICK HERE TO READ



**THESE ARE THE
NUMBERS TO
GET EXCITED ABOUT**



**AND AS
YOUR
TRAINER
REMEMBER
TO ENJOY
LIFE, HAVE
FUN AND
KEEP
INVESTING IN
YOUR FUTURE
HEALTH.**

Lucy

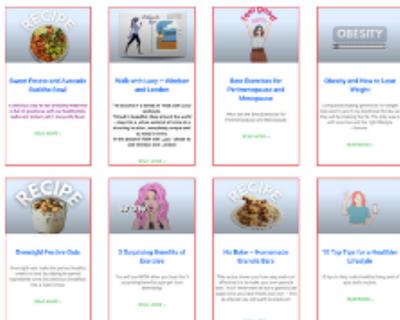
LUCY'S FREE CHALLENGES



**CLICK ON
THE MOUSE
TO PICK A
NEW
FREE
CHALLENGE**



LUCY'S BLOGS



**CLICK
ON THE
MOUSE
FOR
LUCY'S
BLOGS**





**CLICK ON ANY ICON BELOW TO CONNECT
AND LET ME KNOW HOW YOU GOT ON**



**CLICK HERE TO READ ABOUT MY
MISSION AND MY PASSION TO
GET THE WORLD FIT**



#LucysSquad