

Study conducted by the President of Smart Fit Heart, Mike Fussell, a Registered Respiratory Therapist (Rrt)



What Will the POWERHANDZ POWERSUIT Do for Me?

Clinical considerations for exercising with hypertension

heart-healthy
LIVING

Weekly Update

Lifting Weights Helps Lower Blood Pressure

An American Heart Association study found that participants who did progressive resistance training two to five times per week lowered their blood pressure. Jennifer Mieres, M.D., recommends consulting with your doctor before beginning any weight-lifting program. If you have the green light, perform weight- or resistance-training exercises at least two days a week.

7 out of 10 hypertensives are *NOT* at recommended Blood Pressure levels

Cardiovascular mortality (death) is *DOUBLED* with every 20/10 mmHg increase in Blood Pressure over 115/75

What Will the POWERSUIT Do for Me?

The major benefits of POWERSUIT training in individuals with hypertension are: 1) improved blood cholesterol, 2) increased heart function, 3) decreased blood pressure, 4) improved muscular strength, power, and endurance, 6) increased bone strength, (7) lower risk of stroke, and (8) reduce belly fat.

You're Never Too Old for POWERSUIT Training!

ADA Scientific sessions

Results of 12-week training program:

- 🕒 Waist circumference decreased from **39** to **38** inches
- 🕒 Systolic blood pressure improved from **143** to **132**
- 🕒 Diastolic blood pressure improved from **76** to **70**
- 🕒 HDL ('good') cholesterol improved from **46** to **51** mg/dl