



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GET YOUR BLOOD PRESSURE IN CHECK!

WITH THE YMCA'S BLOOD PRESSURE SELF-MONITORING PROGRAM

Our Blood Pressure Self-Monitoring Program is an evidence-based, four-month-long program that makes it EASY for you to take control of your health and monitor your blood pressure.

Research shows that the simple process of checking and recording your blood pressure, at least twice a month, over four months, may lower blood pressure in people with high blood pressure!



To qualify, you must be: At least 18 years old; Diagnosed with high blood pressure; Free of recent cardiac events; Free of atrial fibrillation or other arrhythmias; and not at risk for lymphedema.

TAKE THE FIRST STEP TO GETTING YOUR BLOOD PRESSURE IN CHECK TODAY!

Contact Pamela Heaton at
(856) 691-0030 ext. 114
or email her at pheaton@ccaymca.org

Program Basics:

- Work with a YMCA-trained Healthy Heart Ambassador for the four months
- Initial onboarding visit with one of our Ambassadors
- Receive a FREE blood pressure cuff
- Self-measure your blood pressure at least two times per month, in the comfort of your home!
- Attend two consultations with your Ambassador each month (8 total consultations over four months)
- Attend four nutrition education seminars. Evidence shows proper nutrition, particularly reduced sodium, can help to lower blood pressure!

Goals of the program include:

- Reduction in blood pressure
- Better blood pressure management
- Increased awareness of triggers that elevate blood pressure
- Greater knowledge of nutrition basics
- Healthier eating habits

High blood pressure is often referred to as “the silent killer” because there are typically no warning signs or symptoms.

1 in 3 American adults have high blood pressure.

Only half of people with high blood pressure have their condition under control.

Cumberland Cape Atlantic YMCA

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