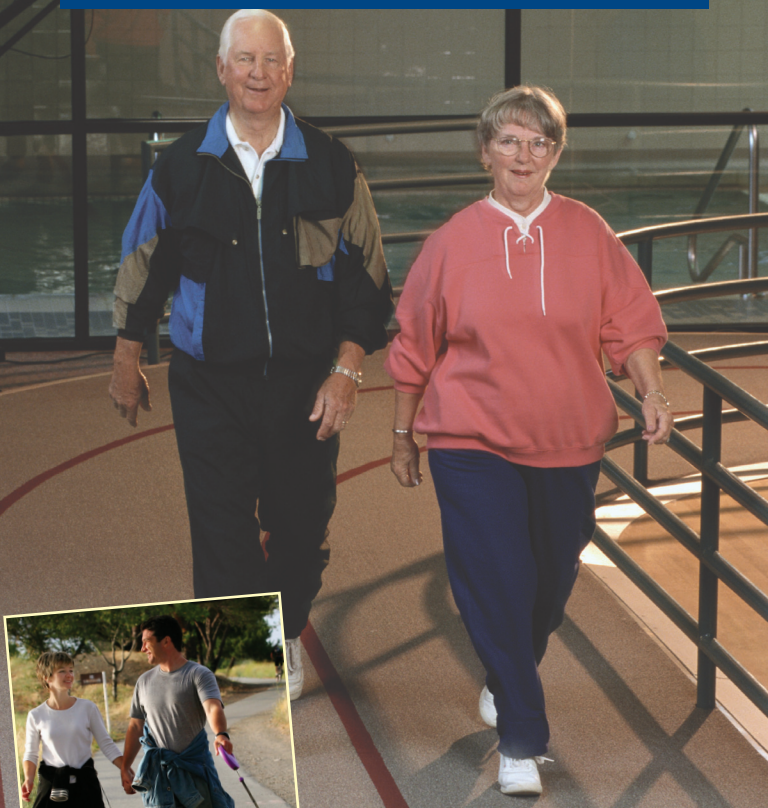


Help Control Your High Blood Pressure or High Cholesterol



Healthy Maine Partnerships

Maine Cardiovascular Health Program

Maine Department of Health and Human Services
Maine Center for Disease Control and Prevention

www.healthymainepartnerships.org/mcvhp

Brisk walking can help control high blood pressure and high cholesterol!

- Thirty minutes a day of brisk walking can help lower your high blood pressure or high cholesterol.
- If you take medication, 30 minutes a day of brisk walking can make your medication work better.
- Walking briskly for 30 minutes a day can also make you feel better! Remember, it's O.K. to do three ten-minute walks if you are unable to walk 30 minutes at one time.



Visit www.HealthyMaineWalks.org
to find an indoor or outdoor walking
route in your community!

