



Everything You Ever Wanted to Know



Educational Information

The website offers an entire page dedicated to educational information including: blood pressure, cholesterol, diabetes, exercise, weight loss, and healthy back.

■ **Each educational topic will answer the following questions:**

■ Blood Pressure

What is blood pressure?
What is systolic? Diastolic?
What are the stages of hypertension?
What impacts the changes in blood pressure?
What can you do if you have high blood pressure?



■ Cholesterol

What is cholesterol?
Why is it dangerous?
What can you do about high cholesterol?
What is considered desirable? Borderline? High Risk?

■ Diabetes

What is diabetes?
What are the two types of diabetes?
What are the symptoms of each?
What are the risk factors?
What are normal levels of glucose for people with diabetes?
Without?



■ Exercise

How often should you exercise?
How hard should you be working?
How long should you be working out?
What kinds of physical activities should you perform?
What types of diets should one avoid?

■ Weight Loss

How do I know what is my healthy weight?
How many calories should I eat?
How many calories do I expend on a daily basis?
What are some things I should do to help me lose weight?



■ Healthy Back

How do I avoid back injury?
What is good posture?
What can I do to promote good back health?
How should I lift and carry things?
What muscles contribute to a healthy back?