

<p><b>Blood Pressure measures the force of blood your heart pumps against artery walls.</b></p> <p><b>Systolic pressure (top number) is the highest amount of pressure within the arteries, as the heart contracts.</b></p> <p><b>Distolic pressure (bottom) is the amount of pressure within the arteries, as the heart relaxes.</b></p>	<p><b>_Fatty streaks_____ are the first signs of atherosclerosis.</b></p>	<p><b>What is the lumen? the hollow tube inside your artery</b></p>
<p><b>How big is my heart? about the size of your fist</b></p>	<p><b>Fatty streaks are mainly made up of _____ cholesterol_____.</b></p>	<p><b>Wthis is where the blood flow.</b></p>
<p><b>What muscles do I need to use to get cardio output? big muscles</b></p>	<p><b>HDL_____ takes cholesterol back to the liver to get it out of the body.</b></p>	<p><b>How does it get clogged up?by consuming cholesterol</b></p>
<p><b>Where are they location on the body? lower part of your body</b></p>	<p><b>_____LDL_____ causes inflammation in the artery when it interacts with the cells.</b></p>	<p><b>Where does cholesterol come from? Your body makes it</b>  <b>You eat the animal</b>  <b>You eat animal by products</b></p>
<p><b>Name two of them. Hamstring, quadricep</b></p>	<p><b>The walls of the artery become _hard and turn yellow_____ due to the process of atherosclerosis.</b></p>	<p><b>Name the two kinds of cholesterol</b>  <b>HDL</b>  <b>LDL</b></p>
<p><b>How long do I need to work out? 3 times a week for at least 20 minutes at your THR</b></p>	<p><b>This is due to build up of plaque_____.</b></p>	<p><b>Because it take the cholesterol back to the liver to get it out of the bodyWhich is the good one? HDL</b></p>
<p><b>How often do I need to workout? 3 times a week/if overweight 5 times a week</b></p>	<p><b>What is another name for Atherosclerosis? Hardening of the arteries</b></p>	<p><b>Which one is bad? LDL</b>  <b>When LDL enter the wall of the artery 5 things happens - know these in order</b></p>
<p><b>How hard and fast do I need to go?</b></p> <p><b>At your THR level</b></p>	<p><b>What is the new norm for blood pressure?</b></p> <p><b>Below 120/80</b></p>	<p><b>Inflammation</b>  <b>Macrophase</b>  <b>Foam Cells</b>  <b>Fatty Streaks</b>  <b>Plaque</b></p>
<p><b>THR - know the formula</b>  <b>220 minus your age - minus your RHR x by 60% them + the RHR back. this will give the low rance. Now repeat this at 80% to get the high range.</b></p>	<p><b>What is another name for high blood pressure? Hypertension</b></p>	<p><b>Veins bring blood to the heart</b>  <b>Arteries take blood away from ther heart</b></p>
<p><b>RHR - how do I take this and when</b>  <b>When you first wake up/stay in bed -take two finger sby your thumb and put it at your caroid artery- count for 10 seconds and multiply by 6 because there are 60 seconds in a minute. this gives you your THR range you need to work in.</b></p>	<p><b>What is the old norm for blood pressure?</b></p> <p><b>120/80</b></p>	<p><b>High Blood Pressure increases your risk for heart disease and stroke.</b>  <b>Know your numbers</b></p>
<p><b>WHR - when and what do I do with this number</b>  <b>Now you have your THR - start cardio workout (use big</b></p>	<p><b>The more fit you become will your RHR</b></p>	<p><b>What is the ideal for blood pressure? 110/70</b></p>

<p>muscles) - after three minutes of workout check your heart rate just like you did for RHR). Did you hit your THR. If not keep going try it at five minutes. If you did reach it keep up that speed for 20 minutes - the more the better. If you did not hit your target - try to move faster.</p>	<p>go up or down? Down</p>	
<p><b>Recovery Heart Rate - when do I take and what does it mean? After your workout is over - how long does it take your to breath normal. The more fit you are you will recover quicker.</b></p>	<p><b>Know your numbers</b></p>	<p><b>How do I know if I am getting a cardio workout? Did you hit your target?</b></p>
<p><b>Most people that have high blood pressure do not know it. Signs of High Blood Pressure - light headed, dizzy, vision issues, heart racing, sick at their stomach and others.</b></p>		
<p><b>Systolic</b>  <b>Below 120</b>  <b>120 - 139</b>  <b>140 -159</b>  <b>160 - and up</b>  <b>Above 180</b></p>	<p><b>Diastolic</b>  <b>Below 80</b>  <b>80 - 89</b>  <b>90 - 99</b>  <b>100 and above</b>  <b>Above 110</b></p>	<p><b>Category</b>  <b>Ideal</b>  <b>Prehypertension</b>  <b>Stage 1 Hypertension</b>  <b>Stage 2 Hypertension</b>  <b>Emergency Care Needed</b></p>