

# TAKE ACTION TO IMPROVE YOUR HEART HEALTH

The YMCA's Blood Pressure Self-Monitoring Program is designed to help adults with hypertension lower and manage their blood pressure. The program focuses on regular self-monitoring of one's blood pressure over 16 weeks using proper measuring techniques, **one-on-one or group based consultations** with a trained **Healthy Heart Ambassador**, support and nutrition education for better blood pressure management. **Offered both in person and virtually.**

## PROGRAM GOALS

- Reduction in blood pressure
- Better blood pressure management
- Increased awareness of triggers that elevate blood pressure
- Enhanced knowledge to develop healthier eating habits

## WHO QUALIFIES?

- Be at least 18 years old
- Diagnosed with high blood pressure
- Not have experienced a recent cardiac event
- Not have atrial fibrillation or other arrhythmias
- Not be at risk for lymphedema

## KNOW YOUR NUMBERS

During a heart check up, your doctor takes a careful look at your "numbers," including your blood sugar, cholesterol, blood pressure and more. **Knowing your numbers is an important part of keeping your heart healthy.** It can help you and your doctor know your risks and mark the progress you're making toward a healthier you.

### SERVING THE FOLLOWING COMMUNITIES

**YMCA Allard Center of Goffstown**  
116 Goffstown Back Rd, Goffstown, NH 03045

**YMCA of Concord**  
15 North State Street, Concord, NH 03301

**YMCA of Downtown Manchester**  
30 Mechanic Street, Manchester, NH 03101

**YMCA of Greater Londonderry**  
206 Rockingham Road, Londonderry, NH 03053

**YMCA of the Seacoast**  
550 Peverly Hill Road, Portsmouth, NH 03801

**YMCA of Strafford County**  
35 Industrial Way, Rochester, NH 03867

**Exeter Area YMCA**  
56 Linden Street, Exeter, NH 03833

**Keene Family YMCA**  
200 Summit Road, Keene, NH 03431

**Plaistow Community YMCA**  
175 Plaistow Road, Plaistow, NH 03865

**YMCA of Greater Nashua**  
24 Stadium Drive, Nashua, NH 03062

**FOR MORE INFORMATION, contact Cindy Lafond, Executive Director of Health Interventions at 603.232.8668 or email [health@granitemca.org](mailto:health@granitemca.org).**



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FOR HEALTHY LIVING  
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# YMCA'S BLOOD PRESSURE SELF-MONITORING PROGRAM

A HEALTH INTERVENTION PROGRAM AT THE GRANITE YMCA



[www.granitemca.org](http://www.granitemca.org)



## PHYSICAL WELLNESS

While high blood pressure and heart disease are serious conditions, the good news is a healthy heart is an achievable goal through lifestyle changes such as lowering sodium intake, eating healthier, and getting more physical activity.

According to the CDC, the Surgeon General recommends 2 1/2 hours of moderate-intensity exercise every week for adults. This includes activities like brisk walking or bicycling, to help lower risk for cardiovascular disease.



## EDUCATION & OUTREACH

This program helps adults with hypertension achieve the goal of lowering and managing their blood pressure through increased awareness of triggers that elevate it. In this 4-month evidence-based program participants will:

- **Attend at least two 10-minute personalized consultations per month with our trained Healthy Heart Ambassador**
- **Learn measuring techniques and record blood pressure at home to share during consultations**
- **Attend monthly nutrition education workshops to develop healthier eating habits**



## GROUP SUPPORT

Trained Healthy Heart Ambassadors (HHAs) are an integral part of the YMCA's Blood Pressure Self-Monitoring Program. The role of HHAs is to support participants in their journey toward improved health.

HHAs conduct a variety of activities in a group-based setting during the 4-month program. Participants find their own path to better blood pressure management while being supported by HHAs' guidance and encouragement.