

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@graniteymca.org.



FOR YOUTH DEVELOPMENT®
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YMCA'S BLOOD PRESSURE SELF-MONITORING PROGRAM

A HEALTH INTERVENTION PROGRAM AT THE GRANITE YMCA



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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.