



# Reduce Blood Pressure Through Weight Training

*Ronald Deblois*

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**Between 1994 and 2005, hypertension rates increased by 77 percent** according to the Canadian Medical Association. With these rates still on the rise, it's clear that current preventative measures and medical treatments simply aren't cutting it.

Currently fitness and medical experts believe that cardio respiratory endurance activities are the only non-medical fitness methods that reduce hypertension. This exciting new book shows us all that there is a better way. **Through the proper weight training regimen, it is possible to lower blood pressure by fifty points or more.**

Filled with invaluable information and techniques on how to take control of your cardiovascular health, this revolutionary book is a must for any reader concerned with hypertension.

**This book will put weight training in its rightful place in the dialogue on physical fitness and health.**

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