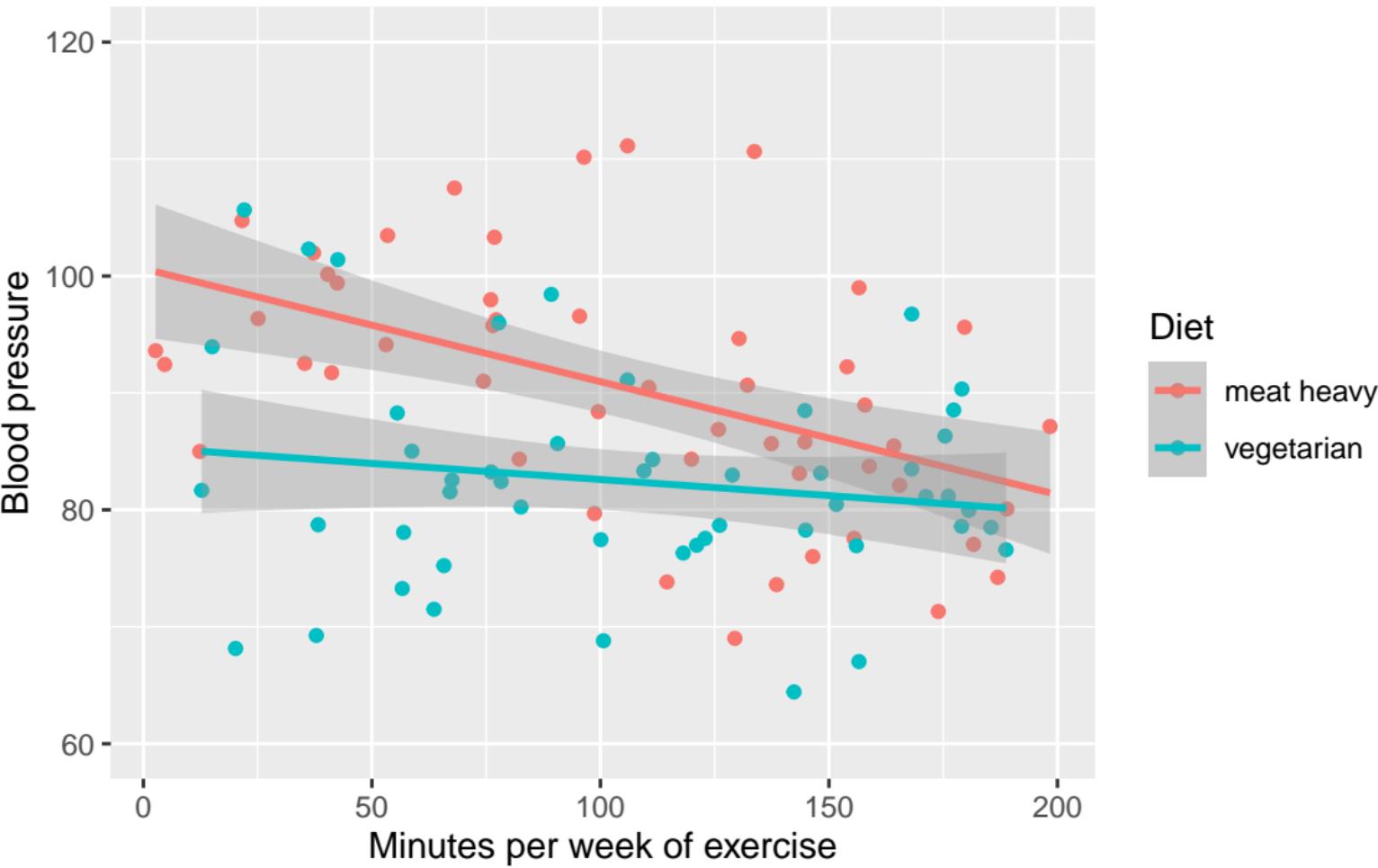


Blood pressure vs exercise



Diet

- meat heavy
- vegetarian