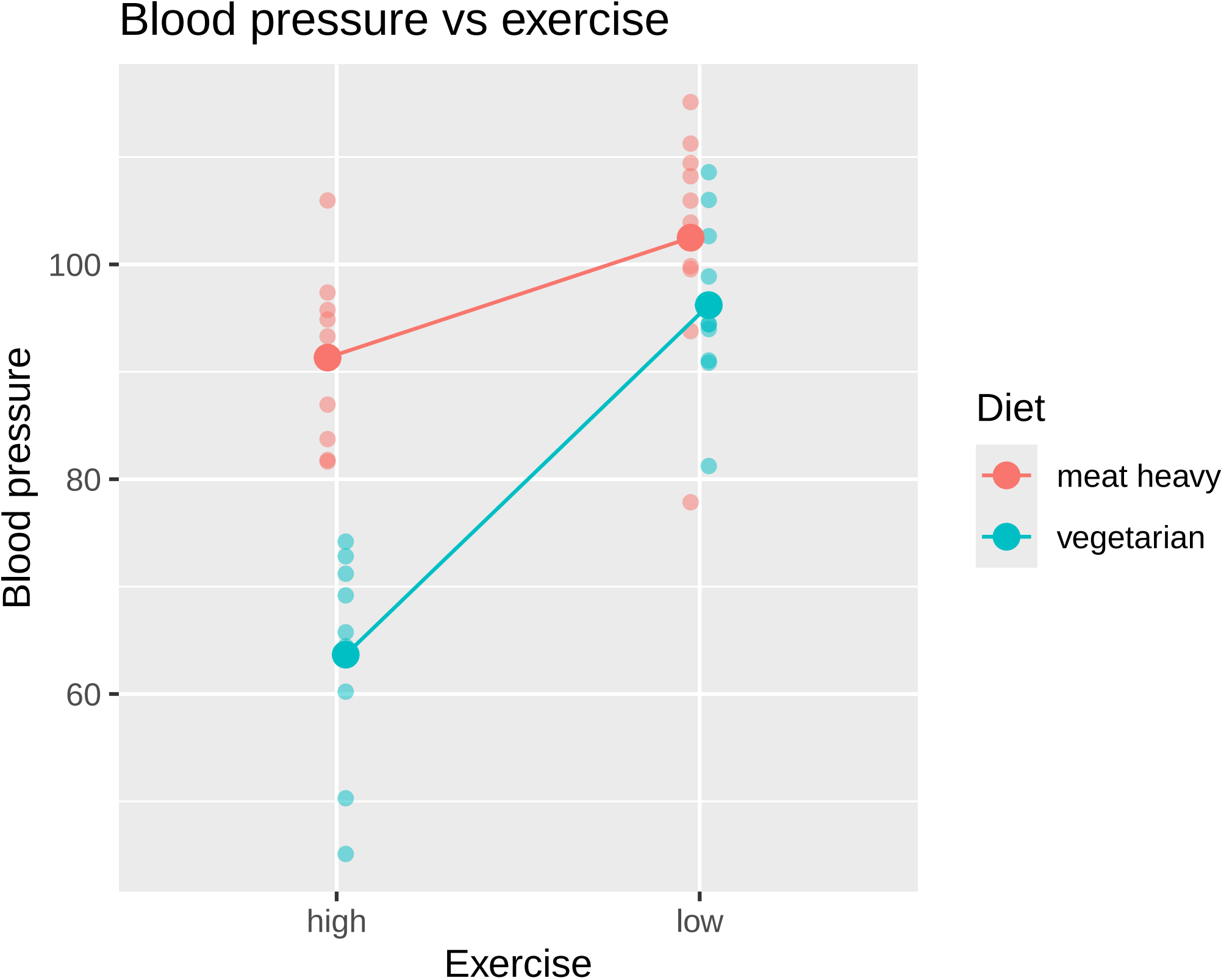
Blood pressure vs exercise
Blood pressure
100
80
60
high
low
Exercise
Diet
meat heavy
vegetarian