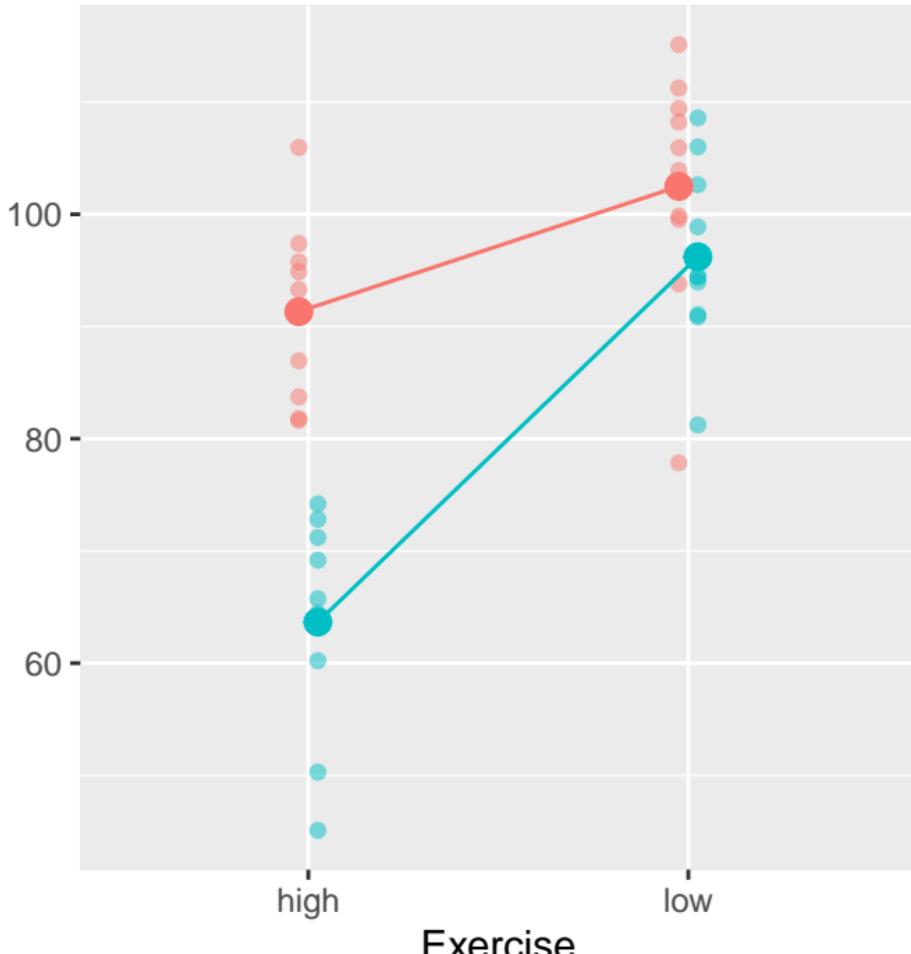


Blood pressure vs exercise

Blood pressure



Diet

- meat heavy
- vegetarian

Exercise