Simply stated, Hypertension (High Blood Pressure) is an abnormal increase in blood pressure usually defined as a systolic reading (highest pressure) above 140 mmHg and/or a diastolic reading (lowest pressure) above 90 mmHg, mmHg meaning millimeters of mercury as measured with a blood pressure cuff. Mean arterial pressure (MAP) is the average pressure in your vascular system. MAP is determined with the following calculation: \((\text{Systolic BP} + 2 \times \text{Diastolic BP})/3\). Measurements above 100 mmHg may be considered abnormal. Hypertension is one of the leading causes of premature death in the United States.

**Intervention Factors**

** Reduce Diastolic BP through a medically supervised intervention plan.
** Reduce MAP through a medically supervised intervention plan.
** Reduce your percentage of Body Fat through a combination of proper diet and exercise
** Lack of adequate exercise (less than 3 days per week) has shown to increase the prevalence of Hypertension
** Poor nutrition habits, especially excessive intake of salt and fat, can lead to Hypertension. Take steps to improve your nutrition habits