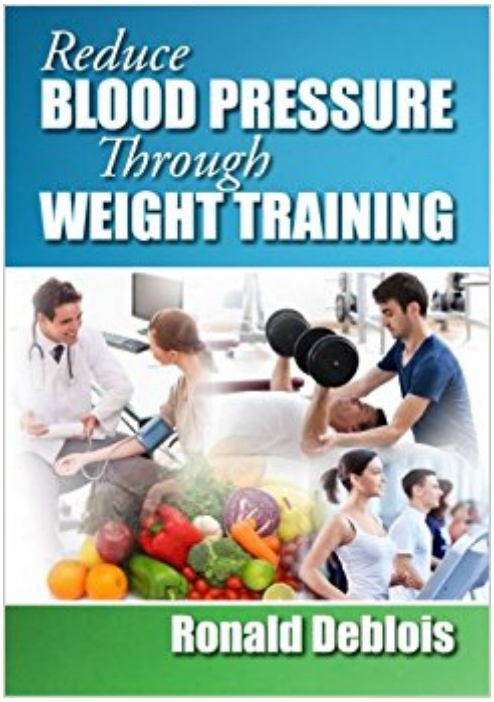
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Reduce Blood Pressure Through Weight Training



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Synopsis

Between 1994 and 2005. hypertension rates increased by 77 percentÃ Â 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.Ã Â Ã Â 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.Ã Â Through the proper weight training regimen, it is possible to lower blood pressure by fifty points or more.Ã Â Ã Â 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.Ã Â This book will put weight training in its rightful place in the dialogue on physical fitness and health.

Book Information

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Customer Reviews

Lloyd Percival was an internationally known fitness guru during my high school years. His fascinating newspaper columns gave me a lifelong appreciation for the impact of exercise on one's quality of life and achievement in sports. Because I played football, resistance training was my method of choice. The expertise was provided by Joe Weider, a popular bodybuilder at the time. A good deal of inspiration also came from my physical and health education teachers. Ã Â They were superb. Ã Â Ã Â Through the research of numerous fitness-related physiological changes, all of my professional and personal qualifications were essential to the conceptualization of my fitness

rationale which redefines the concept of physical fitness by giving weight training its rightful place in the dialogue on physical fitness and health, especially as it pertains to cardiovascular health. Thank you, Lloyd Percival, for your inspiration.

RONALD DEBLOIS has degrees in chemistry and physical education from McMaster University, and has taken psychology and biology courses from the University of Western Ontario. For thirty-three years he enjoyed teaching high school physical education, health, math, and science in Ontario, Canada, including twenty as the physical education department head. Deblois successfully coached a wide variety of sports including, football, soccer, volleyball, basketball, track and field, swimming, gymnastics, and weight training.Ã Â Ã Â He has experience designing exercise programs specific to each sport and has over fifty years of personal training experience with running and weight training. All of these experiences, educational, professional and personal, were essential to the conceptualization of his fitness rationale. The original thinking presented in this book will hopefully stir the curiosity of researchers in the field and encourage them to study in depth its novel concepts.Ã Â Find out more at: reducebloodpressureweighttraining.com

I didn’t realize anyone can actually reduce their blood pressure with weight training and exercise. In reading Ronald Deblois’ book, I certainly think it is worth a try. I am not a young woman, but am quite sure I can use lots of the flow progression hints and tips to try weight training slowly and not feel like I am over taxing muscles and tendons to reach goals. Seems like "no pain no gain" is a term we should forget, according to the author and that is good news for all of us that would like to improve our bodies, both with blood pressure reduction and cholesterol numbers. I like the reminder that LDL is "lousy" and HDL is "happy"... a good way to remember which is which in cholesterol! There is a wonderful amount of, easy-to-understand information about our muscles and how they work, too. I would recommend this book for anyone, young or older, that wants to improve their overall health and fitness.I received a free copy of the book in exchange for an honest review.

I do weight training for bone density and as part of my over-all gym routine (as a 65+ woman). I hadn’t thought of what it did for me in terms of blood pressure before, so I found this book very informative in this area. I also liked how he provided information re:specific gym machines and weight exercises. His information was right-on with other sources re:not using BMI as "the" way to check your health and to look at other, better ways. I’ll be referring to this information often.

I think I may know about ten people personally who suffer from high blood pressure. It has become increasingly high in this country and I think that it as an important topic to discuss. That's why I was so eager to get my hands on this book so that I may be able to pass it on to help others. I don't want to give away much but what I can say is that this book is full of useful information such as definitions and guidelines that can help so many people. It truly is a wonderful informational source that also provides visuals and descriptions to motivate and educate people on their muscles and blood pressure. There are workouts outlined that I think could truly save someone if it came down to it. I loved this book and I would recommend it for EVERYONE, whether they have high blood pressure or not. It is important to know about your body and how to take care of it.I received a copy of this book in exchange for an honest review.

I've always been a fitness fanatic and knew exercise had a profound positive impact on your health, however, the author took time to explain the how's and why's. The author takes much time and care in explaining, complete with diagrams, what happens to our organs and body when blood pressure is high. I enjoyed this informative bit of the book as we all know we need to exercise, but seeing what happens when the body isn't functioning properly is all that more incentive to stay active. The author lays out a solid weight training plan that someone who has been exercising for years or someone just starting out could follow. The best part is, according to his research, you don't have to spend hours at a gym to attain optimal health. Fantastic read!I received a copy of this book in exchange for an honest review.

This book is a different philosophy about how to reduce your blood pressure. If you like to lift weights, or are looking for a different way to reduce your blood pressure you must read this book. It is easy to understand and is written with very specific instructions on how to start and maintain a weight lifting program to achieve results. Even if you already lift weights as part of your exercise program I recommend this book because it might give you different insight into how to change up your program to help reduce your blood pressure. Along with the exercises Mr. Deblois details information about how our heart works and why it is so important to have a healthy vascular system. I found the book very interesting!I received a copy of this book in exchange for an honest review.

Reduce Blood Pressure Through Weight Training is a very helpful guide for anyone dealing with high blood pressure. I found the information to be accurate and up to date, and incredibly thorough. It's frustrating to be told that the only way to manage certain conditions is through prescription

medications, which can come with some very unpleasant side effects, and it is refreshing to be informed of another way. I knew that diet and stress relief could play a big role in blood pressure, but I didn't realize that weight training could be so effective! This approach, along with the other two mentioned above, seems to be a very well rounded way to address this issue. Thank you Ronald Deblois! I received a free copy of the book in exchange for an honest review.

This book is great, especially since Crossfit is so popular right now. It helps to explain how we all could benefit from a crossfit type training regiment, ie a workout that includes both cardio and weights. I have been focusing specifically on my cardio and was thrilled to learn that I have been doing it the correct way of building up slowly, which should allow me to continue long term. I also learned that adding weight training will drastically improve my total health, not just my lungs and heart, like cardio. The information is presented very clearly, to include diagrams. I would recommend this book to everyone, we all could use more information on how to live a healthier life. I received a free copy of this book in exchange for an honest review.

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