

We proved it!

Lifestyle and exercise program is *more effective* than medication at reducing blood pressure.

Medication

MEDICATIONS REDUCE BLOOD PRESSURE BUT HAVE SIDE EFFECTS



=



7.5 mmHg

AVERAGE DROP IN SYSTOLIC BLOOD PRESSURE

SIDE EFFECTS associated with blood pressure medications:

- ✗ Energy lack
- ✗ Headache
- ✗ Nausea
- ✗ Cough
- ✗ Dizziness
- ✗ Erectile dysfunction

LIVE WELL

LIVE WELL'S* CLINICALLY-SUPERVISED LIFESTYLE AND EXERCISE PROGRAM



=



19.4 mmHg

AVERAGE DROP IN SYSTOLIC BLOOD PRESSURE

85% of our members say their energy and mood improved after 6 months in our program.

In addition to lower blood pressure, our members report these **BENEFITS:**

- ✓ Stress reduction
- ✓ More energy
- ✓ Better results than medication
- ✓ Reduce or eliminate blood pressure meds
- ✓ No side effects

"I've reduced my medications and I'm feeling better about my life!"

Sam, LIVE WELL member since 2011



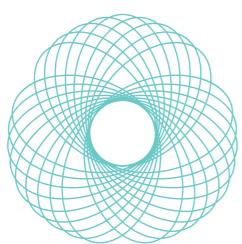
10mmHg lower blood pressure:

13% death risk reduction

17% drop in the risk of **coronary heart disease**

27% drop in the risk of **having a stroke**

28% drop in the risk of **heart failure**



LIVE WELL
EXERCISE CLINIC

Book a **FREE** program consultation, or find out more about clinically-supervised lifestyle and exercise programs at www.livewellclinic.ca/outcomes