



1 IN 4 NEW YORKERS HAS HIGH BLOOD PRESSURE (HYPERTENSION).

GET MOVING TO LOWER YOUR RISK.

150 minutes of moderate physical activity each week can help prevent high blood pressure and heart disease.

Dance, walk, bike - do something you enjoy!

**Looking for a fitness class in your neighborhood?
Shape Up NYC offers free classes across the City.
Visit nyc.gov/ShapeUpNYC to find a class near you!**



WorkWell NYC is here to help! Visit nyc.gov/workwellnyc for resources and programs to help keep your heart healthy.