



Get Fit. **Life Tip.**

## Increase the potassium, drop the points

If you currently suffer from high blood pressure or have a family history of it, there are many ways to lower it. Increasing the amount of potassium in your diet could help you drop your blood pressure by 2-3 points, which could be huge and possibly life saving. An easy way to increase your potassium intake is by eating more bananas. They are fresh, available year round and loaded with potassium. Adding 2 bananas a day to a well balanced diet and you could drop your blood pressure number by 2-3 points and lower the risk of stroke up to 38%. Potassium is a mineral that helps the kidneys filter more sodium from your blood stream as well as relaxes tiny blood vessels and helps the artery walls function more efficiently. Aim to get about 3,000 milligram of potassium a day (and no less than 2,000mg) and you'll be doing a whole lot of good for you and your heart.

Fruit/Vegetable	Potassium per 1 cup
Banana	467mg
Orange	237mg
Raisins	363mg
Sweet Potato (w/ skin)	508 mg
Asparagus	270mg
Mushrooms	554mg



Learn more about Get Fit with Bill Witte at [www.bwittegetfit.com](http://www.bwittegetfit.com)

*Bill Witte a NASM-CPT, NASM-PES, ACE-CPT and CPR-AED certified trainer.*

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