

### PURPOSE

This project is designed to educate African American men and women ages 18-35 on how obesity reduction and adopting healthy habits can prevent and control high blood pressure/Hypertension.

Anyone can develop high blood pressure, yet African Americans are at higher risk for this serious disease than any other race or ethnic group. Hypertension tends to be more common, happens at an earlier age, and is more severe within communities of color.

Hypertension is called “the silent killer” because most people feel healthy and usually are symptom-free until the disease becomes a major problem. If it is not treated Hypertension can cause strokes, heart attacks, kidney problems, eye problems and death. The good news is that high blood pressure/Hypertension can be controlled—and better yet, it can be prevented.

### DEMOGRAPHIC

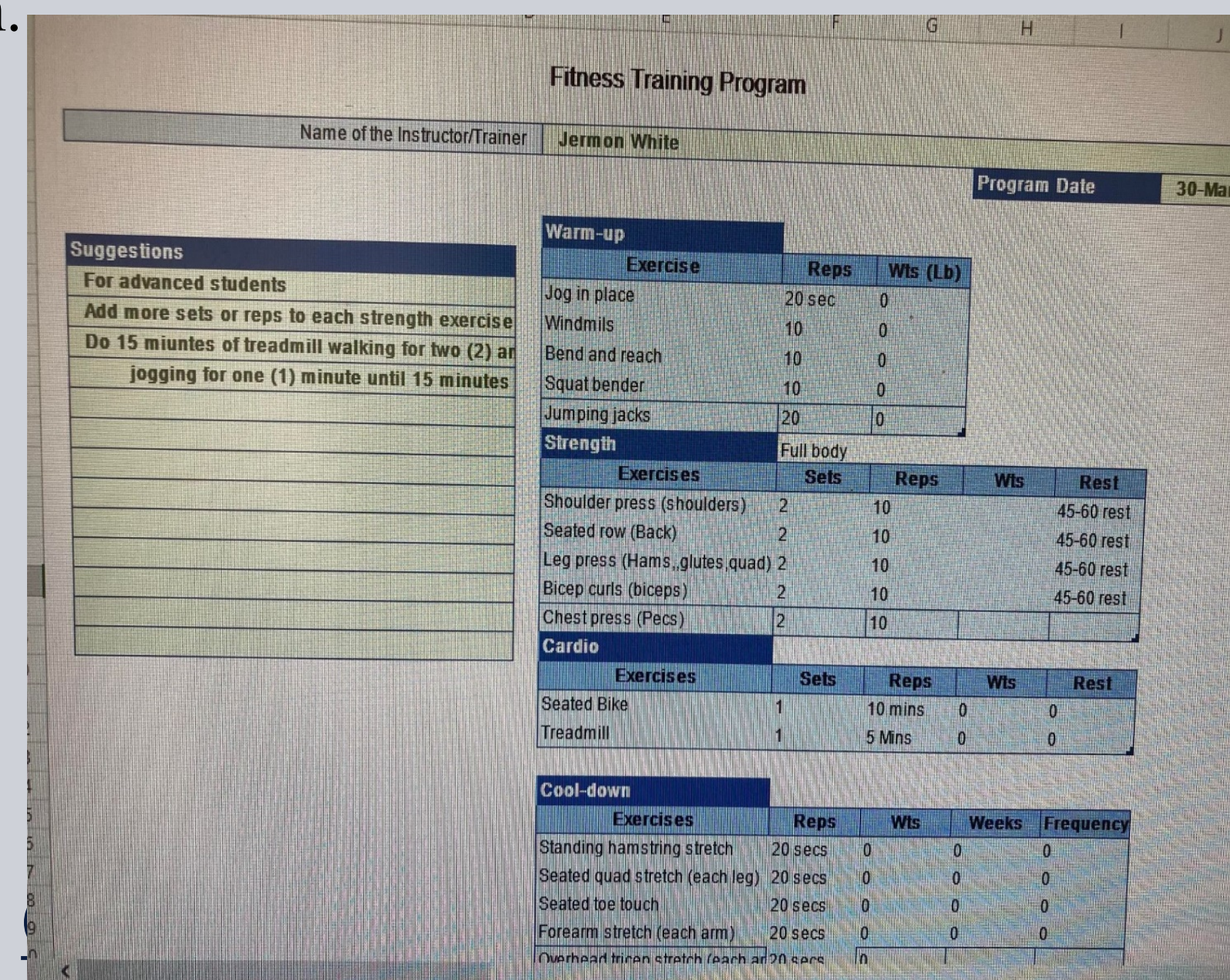
The population study are males and females between the ages of 18-35 on the campus of Lane College and in the community of Jackson, TN.

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120 - 129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130 - 139	or	80 - 89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

### METHODS

This project hosted a Fitness Jam on the campus of Lane College in the Fitness Center. Student Investigator (SI) composed a 30-minute high-intensity fitness workout plan. The student also had yoga and Line Dancing for people who were not comfortable with the workout plan. Student Investigator also provided information on Hypertension and provided health Information. The students recruited for this event by placing flyers around campus and on social media. The student also used word of mouth to recruit for this event.

The Student Investigator created QR codes for pre and post-touchless surveys to reduce contact with attendees. The surveys were administered to measure if any of the participants are ready to make behavioral changes related to preventing risk for Hypertension.



Fitness Training Program				
Name of the Instructor/Trainer		Jermon White		
		Program Date 30-Mar-22		
<b>Suggestions</b>				
For advanced students				
Add more sets or reps to each strength exercise				
Do 15 minutes of treadmill walking for two (2) at jogging for one (1) minute until 15 minutes				
<b>Warm-up</b>				
Exercise	Reps	Wts (Lb)		
Jog in place	20 sec	0		
Windmills	10	0		
Bend and reach	10	0		
Squat tender	10	0		
Jumping jacks	20	0		
<b>Strength</b>				
Full body				
Exercises	Sets	Reps	Wts	Rest
Shoulder press (shoulders)	2	10		45-60 rest
Seated row (Back)	2	10		45-60 rest
Leg press (Hams, glutes, quad)	2	10		45-60 rest
Bicep curls (biceps)	2	10		45-60 rest
Chest press (Pecs)	2	10		
<b>Cardio</b>				
Exercises	Sets	Reps	Wts	Rest
Seated Bike	1	10 mins	0	0
Treadmill	1	5 Mins	0	0
<b>Cool-down</b>				
Exercises	Reps	Wts	Weeks	Frequency
Standing hamstring stretch	20 secs	0	0	0
Seated quad stretch (each leg)	20 secs	0	0	0
Seated toe touch	20 secs	0	0	0
Forearm stretch (each arm)	20 secs	0	0	0
Overhead trunk stretch (each side)	20 secs	0	0	0

- 1) 52 people attended the Fitness Jam
- 2) 20 people did line dancing
- 3) 15 people did the intense workout
- 4) 48 People had concerns about how to get in shape

### STUDENT LESSONS LEARNED

1. When doing a health intervention always have a backup plan.
2. It is ok to ask for help.
3. The more effort you put into something the more you will get back.



### COMMUNITY PARTNER ACKNOWLEDGEMENTS

- American Heart Association
- Lane College
- Lane College Health Services
- Lane College Intramural Sports
- TN-MMC HBCU Wellness Project