Improve Your Heart Health and Blood Pressure

It was reported in the Mayo Clinics Proceedings Journal in 2014 that Isometric Strength Training was superior to cardiovascular training and resistance training for lowering blood pressure. **Mayo Clinic Study**

Why is this important?

Hypertension (elevated blood pressure) is the leading and most preventable risk factor that leads to heart attack and stroke.

Here are ten ways improving isometric muscle strength with Isophit can improve heart health and blood pressure:

1. Isometric exercises with Isophit increase the contracting force of the muscles, resulting in improved circulation and better blood flow.

2. These exercises help decrease inflammation in the body, which is known to be a risk factor for heart disease.

3. Isometric exercises can increase the size and strength of the heart muscle itself, making it more efficient at pumping blood throughout the body.

4. Regular isometric exercise can lower resting heart rate, reducing the workload of the heart and improving its overall efficiency.

5. Isometric exercises help to decrease the levels of stress hormones in the body, which can contribute to high blood pressure and heart disease.

6. Improving isometric muscle strength with Isophit can also help to lower bad cholesterol (LDL) and raise good cholesterol (HDL).

7. Isometric exercises can improve insulin sensitivity, which can help to regulate blood sugar levels and reduce the risk of diabetes-related heart disease.

8. Regular isometric exercise can improve the health of blood vessels by increasing blood flow, reducing inflammation, and improving endothelial function.

9. Isometric exercises can improve the oxygen-carrying capacity of the blood, enhancing the heart's ability to deliver oxygen to the body's tissues.

10. Finally, isometric exercise with Isophit provides an efficient, low-impact workout that can be tailored to your fitness level, making it easier to stick to a consistent exercise routine and reap long-term heart health benefits.