



For Your Health: 130 Over 80?

What your blood pressure numbers mean, plus some easy tips for keeping them healthy.

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Nutrition 101: A DASH of Prevention

Nutritionist Jyni looks at the best ways to eat for hypertension. (Hint: it's about more than just salt.)

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Fitness 101: 3 Steps to a Stronger Heart

With a couple of bonus tips, that equals 5 Steps! Your virtual trainer, Molly, is on the beat.

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Wellness Notes: Keeping Tabs on your Ticker

Are you getting the most out of your workouts? What those heart-rate gadgets really tell us.

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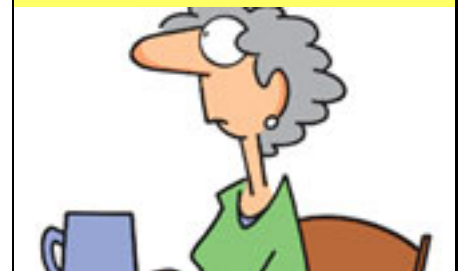
[Whip It Up](#)

Southwestern Stuffed Acorn Squash



[Real-Life Success Stories](#)

'I lost 10 pounds so far and I'm not done yet!'



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Short Division



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