

HEALTH
CARE
TPJ



DIGITAL BLOOD PRESSURE CUFF

Be prepared for success, take **TECH.**



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CHALLENGE 10

Take your blood pressure after sitting for 5 minutes.

What are your results?
Investigate what this tells you



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CHALLENGE 11

Take your blood pressure after waving your arms vigorously for 5 minutes. What are your results? Investigate what this tells you.



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CHALLENGE 12

Take your blood pressure after doing exercise for more than 10 minutes. What are your results? Investigate what this tells you.

