

Get a grip on high blood pressure...

You know what they say about strong hands, don't you? Better blood pressure! That's right. Hypertensive people in a small study slashed their systolic blood pressure by *15 points* after doing handgrip exercises for just 8 weeks. (*RealAge, Tip of the Day*)

Wondering how you can get a better grip? Try these "3 Handy Exercises" today!

1. Squeeze a tennis ball. Try two or three sets of 10 squeezes per hand every other day.
2. After reading them, roll each page of your newspaper into the smallest ball possible. (Then recycle, of course!)
3. For more advanced fitness fiends, try doing a few fingertip push-ups.