

60g PREMIUM PROTEIN*

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Bar Graph: Systolic Blood Pressure (mmHg)

Group	Systolic Blood Pressure (mmHg)
Sitting	~160
Walking	~135

Line Graph: Systolic Blood Pressure (mmHg) over Time

Time (min)	Sitting (mmHg)	Walking (mmHg)
0	~160	~135
5	~170	~125
10	~165	~140

Figure 1. Effect of 10 minutes of walking on blood pressure. The bar graph shows a significant decrease in systolic blood pressure for the walking group compared to the sitting group. The line graph shows that systolic blood pressure increases over 10 minutes for both groups, but the walking group starts at a lower baseline and ends at a higher level than the sitting group.



WHEY

PROTEIN

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