**Health Tip for Business Owners - High Blood Pressure?**

As a result of stress, high cortisol levels, and lack of exercise, as business owners we sometimes are subject to higher-than-average blood pressure. As Business owners we often forget to eat properly because we are so consumed

with the business. Snacking on vegetables and fruit instead of processed foods can make a huge difference to your waistline and

overall health. For example, celery is great for business owners who have heart issues because it helps lower blood pressure. Walking or

daily exercise will also reduce blood pressure. Chances are, if you reduce your stress, your blood pressure will go down; another reason why you need profits!