

Work on muscle strength to lower blood pressure

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Seung Suh, Eyewitness News

NEW YORK (WABC) -- Pumping iron may help lower your blood pressure.

A new study in the [Journal of the American College of Cardiology](#) found high muscle strength reduced death rates in men with high blood pressure.

The subjects were all age 40 and older.

High blood pressure can increase the risk of stroke, heart attack and kidney disease.

Researchers say middle age men with hypertension should start adding weight lifting to build up strength.

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