

Get Down With Your Blood Pressure Dance Movement

Overview

- The Get Down With Your Blood Pressure dance movement has been designed to raise awareness around blood pressure and the proper



- The four dance steps are inspired by the steps of self-measuring your blood pressure: Get It. Slip It. Cuff It. Check It. Then share those numbers with your doctor.
- Here’s how to join the dance movement
- Learn the dance here on [YouTube](#)
- You can also find it on [Heart.org/HBPControl](#) or [@american_heart](#) on Instagram
- Use the official “Get Down With Your Blood Pressure” Music
- It’s available in both English and Spanish on all social media sites and music streaming platforms
- Get ready to record your dance solo or with family or friends
- Share your version on social with

#GetDownWithYourBP & tag @american_heart so we can comment and reshare