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Blood Pressure and Body Composition in Healthy Adults

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ABSTRACT In the present study, an attempt has been made to report the relationship between blood pressure and body composition variables (fat free mass and total body fat) in 176, (75 male and 101 female) healthy students and employees of Guru Nanak Dev University, Amritsar (Punjab), who were 20 to 45 years of age. Bioelectrical impedance method was used for the estimation of body composition. In both males and females, after adjusting for age, there were highly significant, positive partial correlations between systolic blood pressure, diastolic blood pressure and mean arterial blood pressure and total body fat, but no significant correlations existed between fat free mass and any measure of blood pressure. These findings suggest that body fat may be an important component in high blood pressure.