

EXERCISE AND HYPERTENSION

Jacob Dickson, Personal Fitness Trainer

Important Facts:

- *Over 60 Million American suffer from chronically elevated high blood pressure*
- *Hypertension is one of the leading causes of coronary heart disease, the leading cause of adult deaths in the U.S.*
- *After medication and diet, regular exercise is the safest and most effective way to reduce hypertension and its accompanying risk factors.*



Exercise Prescription:

- Exercise intensity should generally be light to moderate, but consistent.
- Exercise at least four times per week, but daily exercise is strongly encouraged. Since training must be kept at moderate intensity, you will be heavily relying on consistency.
- During aerobic training, aim for a light to moderate workout, keeping your heart rate between 40-65 percent of your maximum heart rate.
- Begin your workout regimen with workouts 10-30 minutes in duration, and increase to 30-60 minutes as your body adapts to the consistent exercise.
- Before resistance training, perform a good warm-up, at least 5-10 minutes, which will minimize any temporary elevation of your your blood pressure while training.