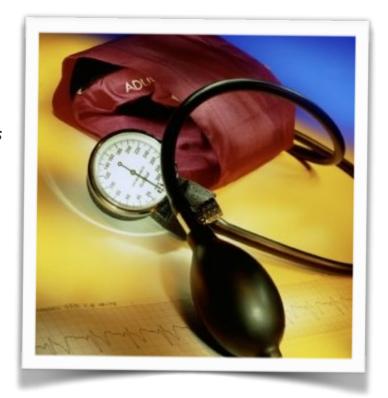
## EXERCISE AND HYPERTENSION

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## **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.