PLANK 5

TOOL: Movement to Lower Blood Pressure (Henry Ford Health System)

Movement to Lower Blood Pressure

Aerobic (ai-roh-bik) activity lowers blood pressure. Aerobic activities increase your heart rate and breathing rate, making your heart stronger. When your heart is stronger, it takes less effort to pump the blood through your body. This helps to lower the blood pressure.

To keep your blood pressure low, you need to keep exercising. It takes about 1 – 3 months for regular exercise to have an impact on your blood pressure.

** If you do not regularly exercise, ask your doctor before starting a new exercise routine. **

Think F.I.T.T.

- **Frequency:** 5 days a week
- **Intensity:** moderate to get your heart rate up
- **Time:** start with 10 minutes, working up to 60 minutes
- **Type:** walking, biking, dancing, swimming, playing at the park, chair exercises, yoga, golf, basketball, and hiking

Tips

- Track your progress by writing down your physical activity each day.
- Use reminders to exercise, such as scheduling it on your calendar or leaving your exercise shoes by the door.
- Reward yourself for sticking to your exercise plan, by going to a movie or buying a new pair of exercise shoes.
- Find a group class or a buddy to workout with or go on walks.