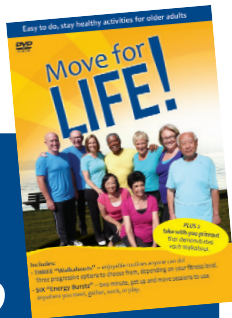


Move for LIFE!

Hypertension & Physical Activity



The Move for Life DVD



shows older adults ways to keep strong and healthy by adding physical activity options to their daily routines.

For more information or to order a copy of the DVD please contact:

**Health and Seniors
Information Line at
1.800.465.4911
www.actnowbc.ca
www.bcrpa.bc.ca**

Why it's important to be physically active—

Being physically active lowers your blood pressure. Here are some of the ways physical activity helps people who have hypertension:

- 🌀 Helps you maintain a healthy weight.
- 🌀 Reduces your risk of having a stroke, heart attack or developing heart disease.
- 🌀 Even if you have high blood pressure, if you're physically active, you're more likely to have a healthy, strong heart and lungs. You're also more likely to live longer than people who are less fit or aren't active.
- 🌀 Being active is just one way to lower your blood pressure. It's also important to eat a balanced diet, not smoke, eat less salt and drink less alcohol. If you'd like more information about healthy eating for hypertension, contact Dietitian Services at HealthLink BC at 8-1-1 or click on healthlinkbc.ca.

Remember - Every Move is a Good Move!

Hypertension— preparing for activity

Doing exercises can often help people with hypertension lower their blood pressure, maintain a healthy weight and do day-to-day activities more comfortably. Here are some things you should do **BEFORE** starting any exercises and **AFTER** each session.

BEFORE you start any exercises

- Check with your doctor to see what types and amounts of activities are best for you.
- Take your medication the way your doctor prescribed. Once you're regularly active, ask your doctor to monitor your blood pressure to see if it's going down. This may allow your doctor to reduce your medication.
- If possible, take your blood pressure before you do exercises.
- Do a warm-up to prepare your body for being active and prevent injury.
- If your medication makes it hard for you to control your body temperature in a hot room or in hot weather, be careful not to overheat. In summer, wear proper clothing. Be active in the morning or evening when it's cooler outside.
- Drink water before, during and after activity.

AFTER each exercise session

- If you're taking hypertension medication, don't stop activity suddenly. This may cause you to have low blood pressure (also known as hypotension).
- Do a proper cool-down. Cooling down helps prevent blood from collecting (pooling) in your legs so it can return to your heart and brain.

Recommended activities

If you have high blood pressure, you should be physically active on a regular basis, preferably every day. Here are some recommended activities that can help you prevent and manage high blood pressure:

- Keep doing your regular day-to-day activities.
- Add activities like brisk walking, jogging, biking and swimming. These are the kind of exercises that will help your heart and lungs become stronger.
- Choose activities you enjoy. This makes it more likely that you'll keep doing them.
- Do 30-60 minutes of moderate physical activity 4-7 days a week. You can do the 30-60 minutes all at once, or do several 10-minute sessions throughout the day.
- To make sure you are engaging in moderate physical activity put enough effort into the activities so you sweat and breathe faster. You should still be able to talk while exercising, but not sing a song.
- Remember, it may take time to work up to doing these activities. Exercise is still beneficial even if you use a lower level of effort. Every bit of activity is helpful for your health and wellbeing.