

SMART HEALTH: TOOLS FOR MANAGING HYPERTENSION

MAKE TIME FOR MOVEMENT

Regular exercise and physical activity are essential components of managing high blood pressure and reducing the risk of hypertension. Physical activity strengthens the heart, enabling it to pump blood more efficiently and with less effort, thereby lowering the pressure on the arteries.



PRE-EXERCISE CHECKLIST

Talk with your doctor to make sure you are ready for exercise.

If your blood pressure is too high, exercise can be dangerous.

Resistance training and flexibility exercises also contribute to overall cardiovascular health and help maintain a healthy weight, which is critical for blood pressure control. Physical activity reduces stress, improves circulation, and supports other healthy habits, such as better sleep and improved mood. For individuals with hypertension, incorporating exercise into daily life is a proven, accessible, and sustainable strategy for long-term health and well-being.

**FREE
movement
resources:**



Find free printable workout handouts at food.unl.edu/workouts/



Find free workout videos from the American Heart Association at go.unl.edu/pa63

PHYSICAL ACTIVITY CHECKLIST

FEEL GREAT, BOOST MOOD, INCREASE ENERGY, AND REDUCE BLOOD PRESSURE!



1. **AEROBIC EXERCISE:** get at least **150 minutes per week (or 30 minutes most days of the week)**. The exercise should increase heart and breathing rate for at least 10 minutes.

a. Example aerobic exercises: walking, jogging, swimming, cycling, and gardening.



2. **RESISTANCE EXERCISE:** at least **2 days per week** (every other day for muscle recovery).

a. Use light to moderate weights or resistance bands.

b. Aim for 1 to 3 sets of 8 to 12 repetitions per exercise.

c. Start with low-resistance or light weight to avoid over-exertion and excessive muscle soreness.

d. Breathe consistently. Avoid straining or holding breath, as this can cause dangerous spikes in blood pressure.

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