

[IMAGE]

## **Fighting High Blood Pressure? Try Aerobic Exercise**

If you have chronic high blood pressure, you've probably already been told that you are at risk of developing heart disease, cardiovascular disease and stroke. Your doctor may have prescribed a medication to help lower your blood pressure and recommended that you avoid sodium, caffeine, and other substances.

If you haven't received any exercise recommendations, listen to this: A study examined the effect of nine months of low-intensity aerobic training on blood pressure in 26 elderly patients who were receiving medication to regulate high blood pressure. Thirteen patients agreed to take part in physical training using a treadmill for 30 minutes, three to six times a week. The remaining thirteen patients did not train and were compared after nine months with the group that did.

After nine months, patients participating in the treadmill exercise program experienced a decrease in blood pressure compared with patients who did not exercise. Stopping this training, however, resulted in a relatively rapid return to pre-training levels in five patients within one month, suggesting the importance of adopting a consistent exercise routine.

Have your blood pressure checked regularly by your doctor, who will also be able to recommend a sensible, moderate exercise program that will help keep your blood pressure low and your spirits high!

### *Reference:*

Motoyama M, Sunami Y, et al. Blood pressure lowering effect of low intensity aerobic training in elderly hypertensive patients. *Medicine & Science in Sports & Exercise*, June 1998; vol. 30, no. 6, pp818-23.

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