

Do you know your blood pressure?



What is the best activity to manage blood pressure?



The **more active** you are, the **lower the risk** of developing high blood pressure.

If you have high blood pressure, **exercise can help** you to manage your condition and reduce your chance of health problems like heart attacks and strokes.



Any amount of exercise is better than nothing at all.

Some tips to get **FITTR**:

FREQUENCY – preferably most, if not all days of the week

INTENSITY – moderate intensity physical activity

An intensity where you are huffing and puffing but can still talk to the person next to you

TIME – 30 minutes or more of continuous or intermittent activity each day

TYPE – primarily cardio activity but also weight lifting activity

Cardio activities may include walking, running, swimming and cycling.

You don't have to go the gym to lift weights, you can use cans of soup or bottles of water instead



REFERRAL – for more information, speak to your doctor or an accredited Exercise Physiologist

