

# 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

