



Walk Away High Blood Pressure

Let Walking Help You to Manage Your Blood Pressure

Many of us develop high blood pressure as we age. Often, the reason for the rise in blood pressure is unknown. Some likely causes could be hardening of the arteries, weight gain, high salt intake or an underlying illness.

Recommendations:

- **Have your blood pressure taken at least once or twice a year** – more frequently if you are taking medications to lower your blood pressure.
- **Be aware of how much daily salt you are consuming** – many foods contain “hidden salt” such as canned vegetables or processed meat (hot dogs, luncheon meat, bacon, and sausage).
- **Maintain a healthy weight** – one of the greatest influences on blood pressure is weight gain and weight loss: even a five-to-ten-pound weight loss can reduce your blood pressure.
- If you have high blood pressure – treated or not, **talk with your healthcare provider first before starting a walking program.**



**Come,
Walk
with Us!**

Walking can help you to maintain a healthy blood pressure or lower a high blood pressure.

TIPS TO GET STARTED:

- 1 **Check with your healthcare provider** before starting any new exercise program – including walking.
- 2 **Start slow** – plan daily short walks on a flat surface; try five to ten minutes a day.
- 3 **Increase the amount of walking time in five-minute increments** until you reach at least thirty minutes a day. If weight loss is a goal, increase your daily walking to forty-five or sixty minutes.
- 4 **Stay relaxed** during your walk and take in the scenery – walking is a wonderful way to de-stress; after all, stress is known to raise your blood pressure, too.
- 5 **Talk with your healthcare provider** before stopping any current blood pressure medication – don’t assume that walking is lowering your numbers. Check in with your provider and discuss the continued need for medication.

For more information, visit:

National Heart Lung and Blood Institute – for a complete set of references,
www.nhlbi.nih.gov/health/public/heart/index.htm#hbp