



# BLOOD PRESSURE & EXERCISE

## What is Blood Pressure?

"Blood pressure is the pressure of the blood in the arteries as it is pumped around the body by the heart. Blood pressure does not stay the same all the time, it changes to meet your body's needs."





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## What are the medical terms?

The medical name for persistently high blood pressure is hypertension and the medical name for low blood pressure is hypotension.

## Outcomes Associated with Hypertension

Hypertension is the leading contributor to premature death and disability from cardiovascular disease. Hypertension is a risk factor for numerous other conditions including:

- Stroke
- Coronary Heart Disease
- Heart Failure
- Chronic Kidney Disease

## Role of Exercise in the Prevention & Treatment

- Aerobic Exercise - Protective against developing hypertension, reducing resting blood pressure
- Resistance Exercise - Progressive resistance exercise and strength training can reduce blood pressure.



**Before undertaking any new exercise regime, you should seek clearance from your GP. Once cleared, you should seek guidance from an Accredited Exercise Physiologist to implement a program that is right for you and your health conditions.**