

Getting Active

Physical activity and exercise not only control high blood pressure but can strengthen your heart, lower stress levels and help manage weight.

The recommended goal is 150 minutes of moderate intensity physical activity each week. Try breaking this down into manageable amounts of time, like:

- 30 minutes a day for five days each week
- 10-minute activity bursts three times per day



It's important to include moderate intensity activities along with stretching and some muscle-strengthening activities throughout the week.

What is moderate intensity activity?

Use this conversation test to determine the effectiveness of your physical activity.

- If you can easily have a full conversation during the activity, it probably isn't intense enough to be effective.
- If you can speak in short sentences during the physical activity, but not a full conversation, your intensity level is likely on target.
- If you get out of breath quickly or if short sentences feel too hard, you're probably working too hard, especially if you have to stop and catch your breath.

Starting slowly will help your body adjust to new activities and help you find ways to fit physical activity into your schedule. Find something you enjoy doing like walking outside with friends or by yourself, riding a bike with a family member or even seated exercise at home.



Parkland

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