



## Exercise Guidelines for Hypertensive Patients

Regular physical activity is one of the most effective non-pharmacological treatments for hypertension. It helps lower blood pressure, improves heart health, and enhances overall well-being. However, certain precautions must be taken to ensure safety.

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### 1. Benefits of Exercise in Hypertension

- ✓ Lowers blood pressure: Regular exercise can reduce SBP by 5–10 mmHg and DBP by 3–7 mmHg.
- ✓ Improves heart efficiency: Strengthens the heart, reducing strain.
- ✓ Enhances blood circulation: Prevents arterial stiffness.
- ✓ Aids weight loss & metabolism: Helps manage obesity and diabetes.
- ✓ Reduces stress & anxiety: Lowers cortisol levels, which contribute to high BP.

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### 2. Recommended Types of Exercise

Exercise Type	Examples	Recommended Duration	Effect on BP
Aerobic Exercise	Walking, jogging, swimming, cycling, dancing	30–45 min/day, 5 days/week	Best for BP reduction
Resistance Training	Light weightlifting, resistance bands, bodyweight exercises (squats, push-ups)	2–3 times/week, moderate intensity	Improves muscle tone, supports BP control
Flexibility & Balance	Yoga, stretching, Tai Chi	Daily or as warm-up/cool-down	Lowers stress, improves circulation

- ✓ Best approach: Combination of aerobic + resistance training.
- ✓ Aim for at least 150 minutes/week of moderate-intensity exercise.

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### 3. Precautions Before Exercising

- ✓ Consult a doctor before starting—especially for patients with severe hypertension (>180/110 mmHg) or heart disease.



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- ✓ Warm up for 5–10 minutes before exercise to avoid sudden BP spikes.
  - ✓ Stay hydrated—dehydration can raise BP.
  - ✓ Avoid extreme temperatures (hot weather or cold exposure can affect BP).
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## 4. Exercises to Avoid (If BP is Uncontrolled)

- ✗ Heavy weightlifting (can cause sudden BP spikes).
  - ✗ High-intensity interval training (HIIT) without medical clearance.
  - ✗ Holding breath (Valsalva maneuver) during resistance training—can raise BP dangerously.
  - ✗ Sudden, strenuous exercises without a warm-up.
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## 5. Special Considerations for High-Risk Patients

- ✓ If BP >180/110 mmHg: Avoid intense exercise; start with light activity (walking, yoga).
  - ✓ If on BP medication: Some drugs (e.g., beta-blockers) can reduce heart rate response—adjust intensity accordingly.
  - ✓ If experiencing dizziness, chest pain, or severe shortness of breath: Stop immediately and consult a doctor.
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## Conclusion

- ✓ Aerobic exercise + resistance training is the best combination for lowering BP.
- ✓ Exercise should be moderate, regular, and safe—gradual progress is key.
- ✓ Consult a doctor for personalized advice, especially for high-risk patients.