

How Does Exercise Help Your Blood Pressure?

Do you want to take control of your blood pressure? If so, exercise may be the key for you to do just that. Many people may not realize exercise can help you control your blood pressure. Fortunately, it is all rather simple.

As you probably know, you are more prone to high blood pressure as you age. Unfortunately, we all age and this cannot be helped. But controlling your blood pressure can be helped.

By exercising you can prevent risks of high blood pressure which can cause stroke and kidney disease. If you already have high blood pressure, exercising can help you get it under control.

As you exercise your heart gets stronger. When your heart is stronger it can pump more blood more easily causing less pressure on your arteries. While exercise may not work for everyone you can easily lower your blood pressure by around ten millimeters.

Even if you do not have high blood pressure, you can take these precautions to prevent from getting it. Along with controlling your blood pressure you can lose weight or maintain your desired weight which also affects your blood pressure.

Overweight people are prone to having high blood pressure and an increased risk of stroke or kidney or heart diseases. If this is you, get moving and start exercising! This doesn't mean you have to overdo yourself, take it slow at first and work your way up. You will start feeling better as you continue a regular routine.

It is suggested to do at least thirty minutes of exercise a day if possible. Thirty minutes can be hard to do for some people, mainly because they can't find the time. If this is the case, you can do short bursts of exercise. You could exercise for ten minutes at a time throughout the day. At the end of the day you've done thirty minutes.

Like with starting any exercise routine, you will want to talk with your doctor first. There are certain things you will have to have your doctor's okay for. If you are a man over forty or a woman over fifty it might be better to talk with your doctor first.

Smoking increases blood pressure as well as makes it hard for some people to exercise. Being overweight has an effect on everything and you definitely want to consult your doctor before starting an exercise program.

Having a chronic health condition or high cholesterol and even high blood pressure can put you at risk when exercising. Be sure to talk to your doctor first. If you do not visit the doctor regularly, do so now. It is better to know exactly what health you are in before doing any strenuous activity or even exercising.

Always warm up before starting an exercise routine. Begin slowly so you can slowly build the intensity. Be sure to continuously breathe throughout your routine. Holding your breath can cause your blood pressure to increase and the key of exercising to help control or lower your blood pressure.

If you experience any discomforts or pain while exercising notify your doctor immediately. It is better to take full precaution even if it ends up being something little. Once you start your exercise program, you want to track your progress.

A great way to do this is if you can't see your doctor regularly; purchase a home blood pressure monitoring device. You want to check your pressure before you begin and when you are finished. You want to make sure it's working and how much it's working.

By exercising you are lowering your chances of getting high blood pressure and if you already have it, you are helping to control it. This means you are lessening your risks of strokes or heart diseases. It is never too late to start, no matter your age, gender, or ethnicity. Talk with your doctor today about an exercise program that is right for you. Your body will thank you in the end.