

# EXERCISE FOR HEALTHY BLOOD PRESSURE



## BENEFITS OF EXERCISE FOR PATIENTS WITH HYPERTENSION

Aerobic exercise can reduce **Systolic Blood Pressure (BP)** by up to 7mmHg and **Diastolic BP** by up to 5mmHg.

(effects following an exercise can last up to 22 hours)

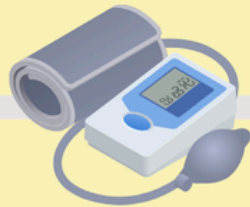


## BEFORE YOU EXERCISE

1. Check your blood pressure.

2. Do not engage in exercise if your blood pressure is more than 160/100mmHg.

3. Avoid holding your breath during resistance exercises to avoid sudden rise in blood pressure.



## EXERCISE PRECAUTIONS

- Stop when you feel dizzy, take a rest and drink water
- Engage in prolonged and gradual cool down exercises

## MEDICATION PRECAUTIONS



1

**Beta-blockers**  
(e.g. bisoprolol, atenolol, carvedilol)  
**& Diuretics**  
(e.g. hydrochlorothiazide, frusemide)



- Watch for symptoms of low sugar level (e.g. giddiness, cold sweats, hunger)
- Watch for symptoms of heat injury (e.g. giddiness, blurring of vision)
- Stay hydrated

2

**Calcium channel blockers**  
(e.g. nifedipine, amlodipine),  
**Alpha-blockers**  
(e.g. prazosin)  
**& Vasodilators**  
(e.g. isosorbide mononitrate)



- Gradually cool down after exercise
- Do not stop exercising abruptly to prevent sudden drop in blood pressure

