

Active Living for Heart Health



Making physical activity part of your daily life can lower high blood pressure, protect your heart, improve blood flow, and help you manage stress. There are many ways to gradually add more movement in your life.

What is physical activity?

Any activity or movement that uses your muscles and requires energy.

	Aerobic	Strength-training	Stretching
What	Activities that increase your heart rate. Also called endurance activity, aerobic activity benefits your heart and lungs the most.	Activities that strengthen both muscles and bones. Resistance training and weight lifting improve your power and endurance.	Activities that improve flexibility as well as range of motion. Stretching improves your flexibility and your ability to fully move your joints, making all other activity possible.
How	Walking, running, bicycling, swimming, gardening, dancing, jump rope.	Body-weight based: push-ups, sit-ups, crunches, planks, dead bugs, squats, lunges, seated leg raises, seated calf raises. For extra strength building, add elastic bands or weights.	Touching your toes, reaching arms up towards the stars Pilates, tai chi, yoga – including chair yoga. Target stretching muscles in your arms, legs, core, and back.
Safely challenge yourself!			

How much activity is needed?

150 minutes (2 hours and 30 minutes) of moderate-intensity activity per week – That's just 30 minutes a day, 5 days a week. Aim for 2 of these sessions to focus on strength-training. If you don't have high blood pressure, being physically active can help keep it that way.

*Adapted from NIH National Heart, Lung & Blood Institute DASH Eating Plan
Check with your physician before starting a new fitness routine.*

Schedule time for exercise to make it a priority.

Ideas to get you moving

- Walk or bike to work, school, and while running errands.
- Take the stairs instead of the elevator.
- In parking lots, park your car farther away from your destination.
- Go for a walk with a friend outdoors, or indoors at a mall.
- Walk your dog.
- Take stretch breaks often and practice good posture when in front of a screen.
- Try a new fitness activity on your own or with a friend.
- Move for 10 minutes at a time, multiple times a day instead.
- Dance to music and invite a friend to join you.
- Household items such as canned goods or a carton of milk can be used in place of 1 or 2 lb dumbbells.
- Garden outside in your yard or in a community garden.
- Visit a local park or playground with the children in your life.



Explore more

- Visit www.alltrails.com or www.traillink.com for biking, hiking, walking, and accessible trails near you.
- Check out local All Persons Trails that enable everyone to participate in their own way. <https://www.massaudubon.org/places-to-explore/accessibility>

Don't forget to...

- Bring a reusable water bottle and stay hydrated.
- Wear comfortable shoes that fit properly.
- Choose healthy snacks (made of fruits, veggies, whole grains, and lean proteins).
- Bring a hat and sunscreen to protect your skin from sun rays when active outdoors.
- Have fun!



Visit www.challiance.org/hypertension
to learn more, or scan the QR code.