

# Stay Active to Reduce Blood Pressure

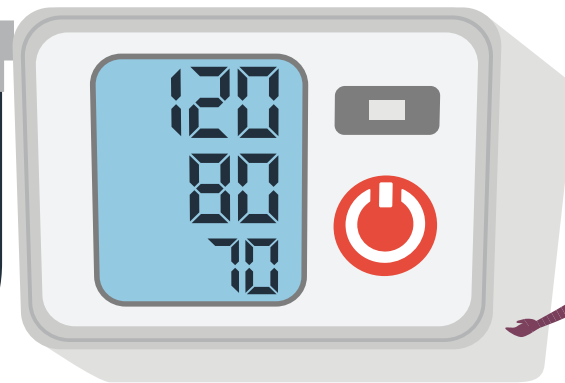
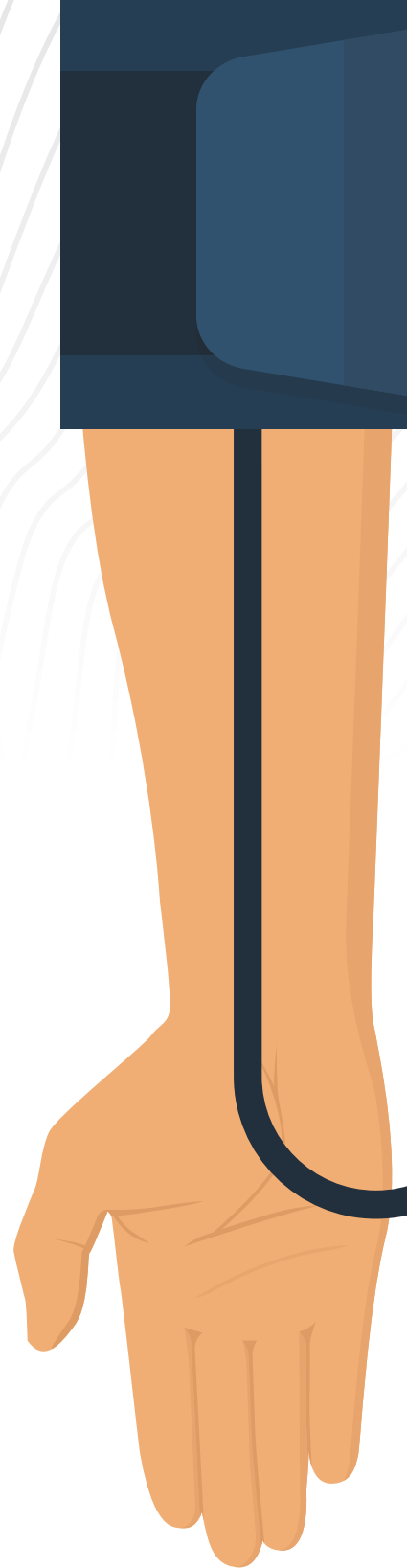
High Blood Pressure is one of the most common modifiable risk factors for heart disease and stroke in women.

Approximately, 1 in 2 adult women in the US has elevated blood pressure, >120/80.\*

Physical activity can help to prevent and control blood pressure by strengthening the heart, contributing to a healthy weight, and reducing stress.

“When we take our part in these collective endeavors [physical activity], the physical movement uplifts us and the community inspires us. Winning the battle suddenly feels possible. It also reminds us that our struggles are shared by others.”

– *The Joy of Movement* by Kelly McGonigal



How much?

The national guidelines recommend at least 150 minutes a week of moderate physical or 75 minutes of vigorous physical activity.

**30 minutes x 5 days = 150 minutes**

Which activities count?

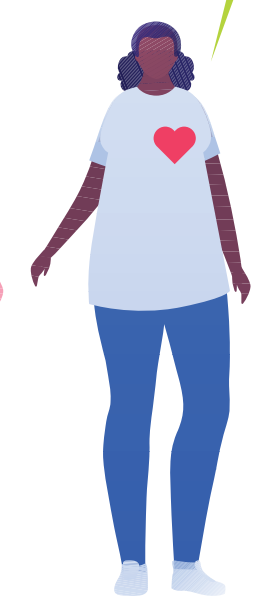
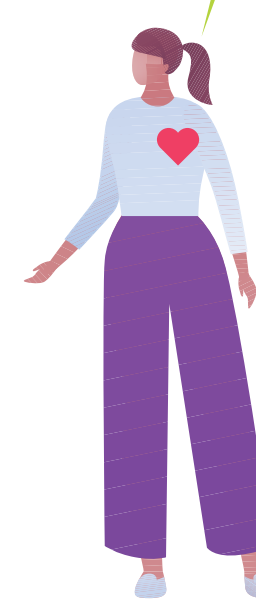
Activities that increase your breathing and heart rate like:

- Fast Walking
- Cycling
- Stair Climbing
- Household chores

What strategies help women to stay active?

Self-monitoring helps to meet and maintain your goals. Wearable devices and smartphone apps can track your progress.

Social support is particularly important for women. Engaging in physical activity with others, even while social distancing, may help to increase enjoyment and keep you motivated.



\*Booth III JN, Li J, Zhang L, Chen L, Muntner P, Egan B. Trends in prehypertension and hypertension risk factors in US adults: 1999–2012. *Hypertension*. 2017 Aug;70(2):275-84. (Figure2)