

# hypertension

## Easy Ways To Lower Your Risk Through Physical Activity

### Getting Started:

Your physical activity program can be as simple as a 15-minute walk around the block each morning and evening. Gradually build up your program and set new goals to stay motivated.

The important thing is to find something you enjoy, and do it safely. And remember—trying too hard at first can lead to injury and cause you to give up.

If you have a chronic health problem or a family history of heart disease at an early age, be sure to talk with your doctor before launching a new physical activity program.

### Tips To Easily Increase Your Daily Activity:

- Take the stairs instead of the elevator.
- Park far away from your destination in parking lots so you have farther to walk.
- If you take public transportation, get off a stop early.

### 30 Minutes of Physical Activity Each Day Can Help

If your blood pressure is moderately elevated, 30 minutes of brisk walking most days a week may be enough to keep you off medication.

If you take medication for high blood pressure, 30 minutes of moderate physical activity can make your medication work more effectively and make you feel better.

If you don't have high blood pressure, being physically active can help keep it that way. If you have normal blood pressure—but are not active—your chances of developing high blood pressure increase, especially as you get older or if you become overweight or obese or develop diabetes.



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## Activities For Moderate Exercise

- **Brisk walking**  
(3-4 miles per hour)
- **Home care and general cleaning**
- **Home repair, such as painting**
- **Mowing the lawn**  
(with power mower)
- **Gardening**
- **Dancing**
- **Racket sports, such as table tennis**
- **Golf** (walking the course)
- **Fishing** (standing and casting, walking, or wading)
- **Swimming**  
(with moderate effort)
- **Cycling** (at a moderate speed of 10 miles per hour or less)
- **Canoeing or rowing**  
(at a speed of about 2-3.9 miles per hour)



## Common Questions About Physical Activity

### How can I fit physical activity into my busy schedule?

Try breaking up your 30 minutes of activity throughout the day. For instance, take a walk in the morning for 10 minutes, rake leaves for 10 minutes, and take another 10-minute walk after dinner.

### I am elderly and have difficulty moving. Should I still try to exercise?

Yes, but be sure you talk to your doctor first to find out which activities are right for you. There are even activities you can do while sitting down.

### I just joined a gym. What machines are best?

Stair climbers and treadmills are excellent, since they simulate walking and climbing which can help burn fat, build endurance, and strengthen the cardiovascular system. Weightlifting also provides a great workout.

### How can I prevent injuries?

Gradually build up the intensity and duration of your physical activity program over many weeks or months to avoid overdoing it. And always stretch before and afterwards.

[http://hp2010.nhlbihin.net/mission/partner/physical\\_activity.pdf](http://hp2010.nhlbihin.net/mission/partner/physical_activity.pdf)

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## Additional Information On Hypertension

### MedlinePlus: High blood pressure:

<http://www.nlm.nih.gov/medlineplus/highbloodpressure.html>

### Tutorial on high blood pressure:

<http://www.nlm.nih.gov/medlineplus/tutorials/hypertension/hm/index.htm>

### DASH eating plan:

[http://www.nhlbi.nih.gov/health/public/heart/hbp/dash/new\\_dash.pdf](http://www.nhlbi.nih.gov/health/public/heart/hbp/dash/new_dash.pdf)

### Types of blood pressure medications:

[http://www.nhlbi.nih.gov/hbp/treat/bpd\\_type.htm](http://www.nhlbi.nih.gov/hbp/treat/bpd_type.htm)

## Essential Hypertension

Many times, the cause of high blood pressure is unknown. This type of high blood pressure is called essential hypertension.

Even though essential hypertension remains somewhat mysterious, it has been linked to certain risk factors.

High blood pressure tends to run in families.

- It is more likely to affect men than women.
- A person's age and race play a role.
- Up to age 65, Blacks are twice as likely as whites to have high blood pressure.
- After age 65, black women have the highest incidence of high blood pressure.

Essential hypertension is also greatly affected by diet and lifestyle. The link between salt and high blood pressure is undeniable. People living on the northern islands of Japan eat more salt per capita than anyone else in the world and have the highest incidence of essential hypertension. By contrast, people who add no salt to their food show virtually no traces of essential hypertension.

The majority of all people with high blood pressure is "salt sensitive," meaning that anything more than the minimal bodily need for salt is too much for them and increases their blood pressure.

Other factors that have been associated with essential hypertension include obesity; diabetes; stress; insufficient intake of potassium, calcium, and magnesium; lack of physical activity; and chronic alcohol consumption.

## Hypertension Management – Understanding High Blood Pressure

This newsletter, courtesy of FHCP, is part of an educational series of mailings for **Controlling High Blood Pressure**. This program is **free** to all our members. Topics discussed concern diet, exercise and medications for high blood pressure.

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## Health or Wellness or Prevention Information

### New Potato Salad

**16 small new potatoes (5 cups)**

**2 Tbsp olive oil**

**1/4 cup green onions, chopped**

**1/4 tsp black pepper**

**1 tsp dill weed, dried**

1 - Thoroughly clean potatoes with vegetable brush and water.

2 - Boil potatoes for 20 minutes or until tender.

3 - Drain and cool potatoes for 20 minutes.

4 - Cut potatoes into quarters and mix with olive oil, onions, and spices.

5 - Refrigerate until ready to serve.

**Makes 5 servings**

**Serving Size: 1 cup**

