

# Do you know your blood pressure?

## What is the best activity to manage blood pressure?



The more active you are, the lower the risk of developing high blood pressure.

If you have high blood pressure, exercise can help you to manage your condition and reduce your chance of health problems like heart attacks and strokes.

Any amount of exercise is better than nothing at all.

### Some tips to get **FITTR**:

**Frequency:** Ideally most days of the week.

**Intensity:** Moderate physical activity. An intensity where you are huffing and puffing but can still talk to the person next to you.

**Time:** 30 minutes or more of continuous or intermittent activity each day.

**Type:** Primarily cardio activity but weight lifting activity is also great. Cardio activities include walking, running, swimming and cycling. You don't have to go the gym to lift weights, you can use cans of soup or bottles of water instead.

**Referral:** For more information speak to your doctor or an accredited Exercise Physiologist.



For more information google 'High Blood Pressure Servier'.

Servier Laboratories (Aust.) Pty. Ltd. Burnley VIC 3121.

Material prepared May 2023. 104730.

**SERVIER**  
moved by you

  
**Hypertension  
Australia**