



# Exercise and blood Pressure

Exercise & Blood Pressure

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## ► Complications of high blood pressure

Hypotension during exercise can be a sign of a medical condition. A significant increase in blood pressure during or after exercise can be a sign of:

Seek medical attention if the blood pressure rises rapidly to read 180/120 mm Hg or more. Uncontrolled blood pressure in this area can be a sign of a heart attack or stroke.

### ► Low blood pressure

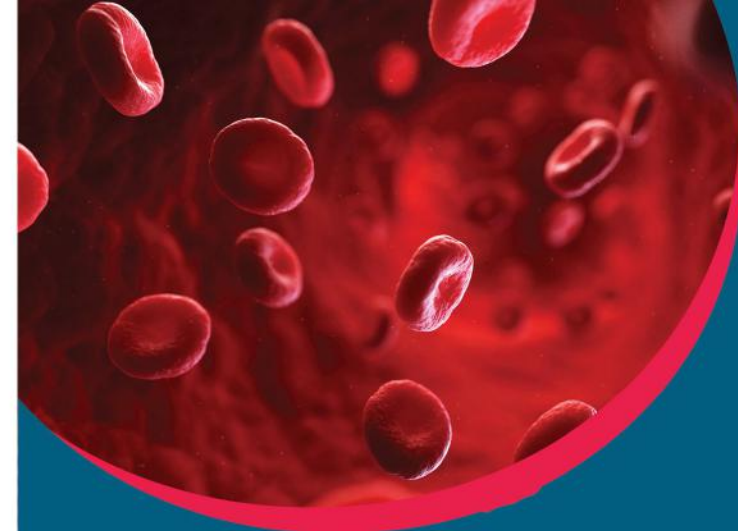
A significant drop in blood pressure after exercise is a risk factor for developing high blood pressure and certain heart disease types. While most people experience a slight drop in blood pressure after exercising, reliable source research shows that people with high blood pressure experience a significant reduction in blood pressure.

### ► When to see a doctor

Talk to the doctor if you notice any of the following:

- The blood pressure is after exercise.
- The blood pressure will drop after exercise.
- The blood pressure does not change during exercise.
- The systolic blood pressure (auction) is more than 200 mm Hg during or after exercise.
- The diastolic pressure (low number) changes during exercise.
- The blood pressure reading during or after exercise is more than 180/120 mm Hg.

In general, see The doctor if you are concerned about the blood pressure.



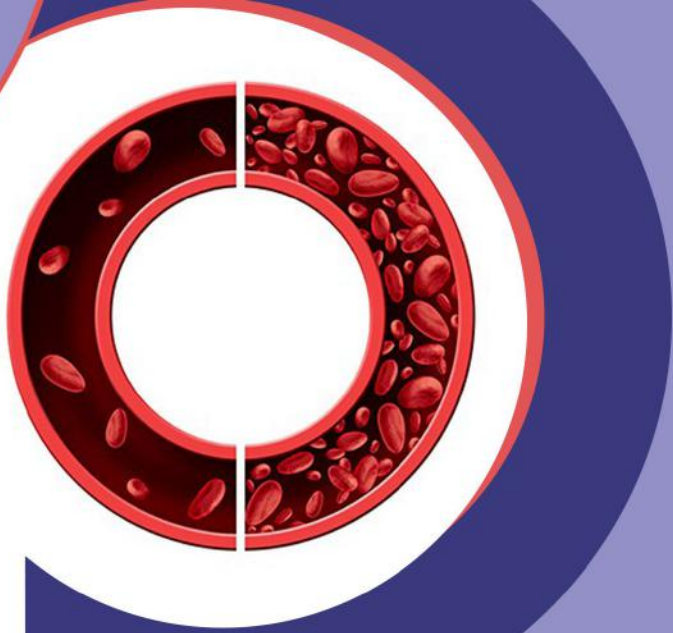
### ► Tips on exercise safety

Exercise can help regulate blood pressure. If you have high blood pressure or are at risk for high blood pressure or have high blood pressure, the following tips can help to improve immunity:

- Exercise a little every day to control the blood pressure.
- If you are not active but want to be more active, see the doctor or healthcare professional.
- Avoid moderate activities such as walking, swimming, or cycling. Gradually increase the length and intensity of the workout.
- Warm-up before exercising to prevent injuries.
- Gradually stop exercising. Cohabitation is very important for people with high blood pressure. It allows you to slowly return to the heart rate and blood pressure before exercising.



## Exercise and Blood Pressure



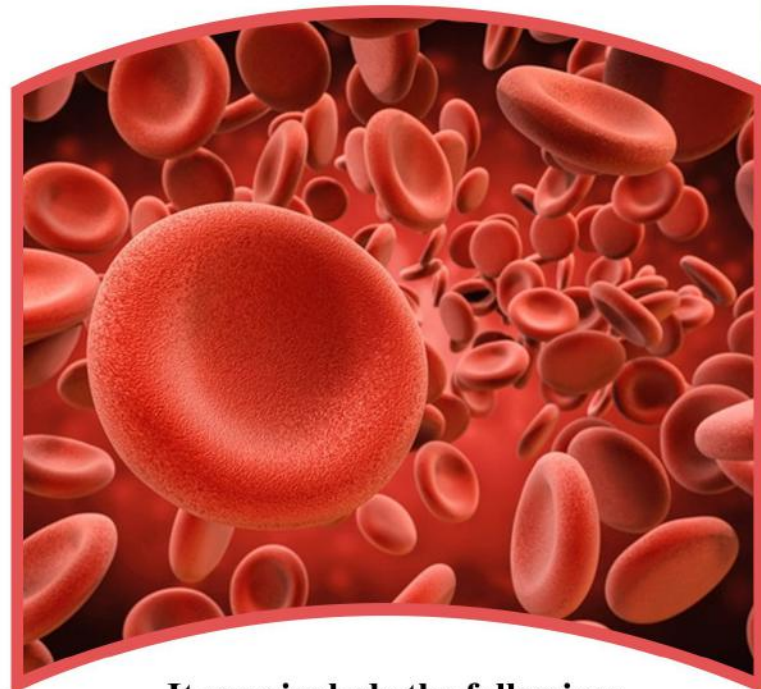
Exercise can raise blood pressure, but its effects are usually temporary. The blood pressure should gradually return to normal after you finish exercising. The sooner the blood pressure returns to resting level, the healthier you will probably be.

### ► The effect of exercise on blood pressure

Aerobic activities such as swimming, cycling, and running increase the extra demands on the cardiovascular system. The muscles need more oxygen at rest, so you need to breathe faster. The heart begins to pump harder and faster to circulate oxygen to the muscles. As a result, systolic blood pressure rises.

### ► Exercise for people who are at risk for high blood pressure

Exercise is safe if you are at risk for high blood pressure. In fact, regular exercise can help to maintain blood pressure. If you are at risk for high blood pressure, talk to your doctor about the safest way to exercise.



- Choice of medium activities
- Work up to daily exercise
- If you are worried about your blood pressure, monitor it before, during, and after the workout.

### ► Exercise for people with low blood pressure

If you have low blood pressure, talk to the doctor before starting a new exercise program. Exercise can cause symptoms such as dizziness, blurred vision, and nausea.

### It may include the following:

- Use medication to lower blood pressure