

4 Get Moving Safely

Now that you have your routine all planned out, follow these steps to get help started on a program to get moving.

- ✓ Check with your doctor to make sure you are healthy enough for exercise and which types of exercise are appropriate.
- ✓ Pick at least one aerobic activity and one strength-training activity you like.
- ✓ Start slowly and work up to at least 30 minutes of moderate (such as brisk walking) aerobic exercise on most—if not all—days of the week.
- ✓ Keep track of your routine and your progress in an exercise log or journal.
- ✓ Find a friend or family member to get active with you.
- ✓ Reward yourself for reaching your goals.

Simple Ways to Move More

You don't have to go to a gym to work out. Many of the things you may already do each day count as exercise:

- Taking the stairs instead of the elevator
- Getting off the bus or subway a stop or two early and walk the rest of the way
- Working in the garden
- Doing housework
- Playing hide-and-seek or catch with your grandkids



Q: "I've tried exercising over and over again. Each time I start a new program, I stick with it for a few weeks. Then it gets too hard and I give up. What should I do?"

A: It's easier to stick with an exercise program that you love. Find something that you really enjoy, like dancing or playing basketball. Then mix it up! Change your routine each day to keep your workouts fun. Check with your doctor to see what activities are appropriate for you.

Don't go it alone. People who have a fitness routine with a friend or family member are more likely to stay with it longer. Choose a workout partner who shares your fitness goals, and who will keep you moving, not slow you down.

References: 1. Sahn, AJ et al. Impact of exercise (walking) on blood pressure levels in African American adults with newly diagnosed hypertension. *Ethn Dis* Summer 2007;17:503-507. Available at <http://www.ncbi.nlm.nih.gov/pubmed/17795505>. 2. Library of Congress. *Everyday Mysteries*. Available at: <http://www.ics.gov/tracks/tech/mysteries/mysteries.html>. Accessed February 18, 2011. 3. Mayo Clinic. *Exercise: A Drug-Free Approach to Lowering Blood Pressure*. Available at: <http://www.mayoclinic.com/health/high-blood-pressure/H00024>. Accessed February 18, 2011. 4. American Academy of Family Physicians. *The Exercise Habit*. Available at: <http://familydoctor.org/online/famdocen/home/healthy/physical/basics/029.html>. Accessed February 18, 2011. 5. Mayo Clinic. *10 ways to control high blood pressure without medication*. Available at: <http://www.mayoclinic.com/health/high-blood-pressure/H00027>. Accessed March 9, 2011. 6. American Heart Association. *Physical Activity*. Available at: <http://www.americanheart.org/presenter.jhtml?identifier=4563>. Accessed February 18, 2011. 7. Mayo Clinic. *Exercise intensity: Why it matters, how it's measured*. Available at: <http://www.mayoclinic.com/health/exercise-intensity/GM00113>. Accessed March 9, 2011. 8. Mayo Clinic. *Fitness programs: 5 steps to getting started*. Available at <http://www.mayoclinic.com/health/fitness/H000171>. Accessed March 9, 2011. 9. National Heart, Lung, and Blood Institute. *The Seventh Report of the Joint National Committee on Prevention, Detection, Evaluation, and Treatment of High Blood Pressure*. August 2004.

Getting to Goal

Lowering Your Blood Pressure

Get Moving

Exercise your way to better health

Adding exercise to your daily routine can help make you look and feel better and can help bring down your blood pressure. Walking briskly for just 30 extra minutes a day is enough to lower blood pressure.¹

Under Pressure
Lower blood pressure is the goal.
HEART HEALTHY LIVING FOR AFRICAN AMERICANS

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