

The Effects of Exercise on Blood Pressure

It is important for everyone to include regular aerobic exercise in their routine. However many people mistakenly believe that long, strenuous workouts are the best form of exercise. However, in actuality, moderate exercises such as swimming or fast walking are two of the better forms of exercise. Prior to participating in any new form of exercise, especially if you have medical problems or if you have not exercised in a significant amount of time it is advisable to consult your doctor to ensure it is a medically-appropriate exercise regime. Your doctor may even want to suggest an alteration of some of your lifestyle habits like your diet or medications.

Exercise is important in relation to elevated blood pressure. Initially, physical activity can cause an elevation of blood pressure. However, studies indicate that those people who exercise regularly are healthier and more fit and their blood pressure is generally much lower. This could also be due to the fact they drink in moderation, eat a healthier diet, and either refrain from smoking or smoke very little. More recent studies have shown that strenuous exercise could actually be harmful and should be avoided unless tolerance to the exercise has been gradually increased.

Walking, swimming, and cycling, are good exercises to attempt to begin with. The level of intensity should be tailored to meet your own abilities. These exercises should not have adverse effects on your blood pressure. It is important to gradually increase your fitness levels over a period of time. Many people have found themselves in need of medical attention because they embarked upon a fitness regimen they were not equipped to undertake. For instance, if you decide to begin walking, gradually increase the length and speed of your walks. Start off three times a week for fifteen minutes at a time and then increase your distance, pace and the speed of the sessions slowly until you feel comfortable walking thirty minutes per session three times a week.

If you make the decision to become a member of a gym, it is important to be sensible. It is important to have a proper workout planned for you by a qualified fitness trainer who will take into account your medical history, lifestyle and fitness level. If you decide to attempt a weight lifting routine without professional guidance, instead of increasing your health, you may be asking for your health to be compromised.