

My Goal:

Increase physical activity

Physical activity is an essential part of good health. This is especially true when it comes to high blood pressure (BP) and heart health. Your heart is a muscle, and like any muscle, you have to keep it strong.

Physical activity can help lower your BP, but it also reduces stress levels, increases energy levels and can help you sleep better.

Aim for 30-60 minutes of activity, most days of the week. You can build up 10 minutes at a time to get started.

Impact on BP:

Up to ↓ 7.4/5.8 mmHg with moderate intensity dynamic exercise (such as walking, jogging, cycling or swimming)

Ideas to get you started:

- Park further away from your destination, walk the rest of the way
- Bike to the corner store instead of driving
- Take the stairs instead of the elevator or get off the elevator two floors below your destination, walk the rest (you can increase the number of floors gradually)
- Commercial Exercise – try exercising during TV commercials, you can fit in a few different ones during a program (e.g. sit-ups, lunges, stretching, etc.)
- Sit at work all day? – try a lunch time walk with your co-workers

Talk to your healthcare provider before starting a program of physical activity. If you haven't been active for a while, start slowly and build up being physically active for longer periods.

Ideas to get you started:

Today, I'm active _____minutes per week

Try something new:

1. Take up dancing, try a class, or just turn up the music at home
2. Start a garden, enjoy fresh food and add activity to your week
3. Volunteer with your community recreation center or events
4. Extend your pet's walk a little each day. Don't have a pet? Ask a neighbor if their pet could use an extra walk.
5. Urban pole walking is a great way to add full body exercise to your routine
6. Make exercise fly by; turn your music playlist into a personal timekeeper

Set a Goal:

I will be active _____minutes per week

I will try these things to add activity to my routine:

1. _____ Min/Wk_____
2. _____ Min/Wk_____
3. _____ Min/Wk_____

My Goal:

Achieve a healthier weight

Extra weight means that your heart has to work that much harder to pump blood through your body, which can cause an added risk to people with high BP.

For people who are overweight, even losing 8-10 lbs can have a big impact on lowering BP.

Did you know? Being overweight is a global health problem that is as serious as smoking.

When trying to lower your weight, it is important to make healthier food choices, increase physical activity and work with a healthcare team to help keep you on track.

Impact on BP:

↓ 1.6/1.1 mmHg with each 1 kg (2.2 lbs) of weight lost

Weight and Waist:

Where you carry your weight is just as important as how much weight you carry when it comes to your health. Research has shown that extra weight around the waistline is more dangerous to the heart than extra weight that is on the hips and thighs.

	Increased Risk	Substantially Increased Risk
Male	>94 cm (>37 in)	>102 cm (>40 in)
Female	>80 cm (>31.5 in)	>88 cm (>34.7 in)

Waist circumference measurement does not apply to pregnant or nursing women, people under the age of 19 or over the age of 65. Some ethnic-groups or those living with risk factors may have increased risk at lower measures of waist circumference.

Taking an accurate waist measurement:

1. Clear your abdominal area of clothing, belts etc. Stand up straight, face a mirror if possible, with feet shoulder-width apart.
2. Find the top of your hipbones by pressing up and inward along your hipbones until you reach the sides of your body. With the border of your hands along the index fingers (not your fingertips), move up to the highest point of the bones.
3. Line up the bottom edge of the measuring tape with the top of the hipbones on both sides of your body. Make sure the tape is not twisted.
4. Relax, take two normal breaths. After the second breath out, tighten the tape around your waist, keeping your stomach relaxed. The tape should fit comfortably snug around the waist without depressing the skin.
5. Take the reading on the tape while breathing normally.



	Current Measurement	Goals
Waist		
Weight		

Other resources that can help:

www.ParticipACTION.com, www.UrbanPoling.com,
www.HeartAndStroke.ca/articles/music-playlist-try-the-3x3-workout