

The Best Exercise for Hypertension: (continued)

Another way to get started is sneaking short bouts of exercise into your day. Berran suggests:

- Parking a little farther from the entrance everywhere you go — to work, to the grocery, to doctor appointments
- Taking the stairs rather than the elevator if you're going up one or two flights
- Putting the laundry away a few shirts at a time rather than all at once
- Carrying the groceries in from the car one package at a time

If you're limited by back, hip, or knee pain, and even short walks are difficult, try a workout that doesn't put stress on your limbs. Try walking in a heated pool — the warm water will soothe and cushion rather than stress joints. A recumbent bike may be another good option for you, Stevens suggests.

Tips for Staying Motivated

Once you start a program to combat high blood pressure and obesity, you need to stick with it. It's not as hard as you think, Stevens says. You'll feel better quickly, and that will be great motivation. You also can try these tips:

- Exercise at the same time every day. It'll become a regular part of your routine, and it's harder to skip.
- Wear comfortable clothes when you work out. If you're exercising outdoors, dress for the weather — choose light layers you can peel off as you build up a sweat.
- Take your blood pressure before and after you exercise. "The benefits of exercise for lowering blood pressure are so dramatic that it's a great motivator," Stevens says.
- Set realistic goals for yourself. If you set a hypertension exercise goal you know you can't meet, Stevens says, you're setting yourself up for failure.

Talk to Your Doctor

For a safe and successful exercise experience, discuss your fitness plan with your doctor to point you in the right direction. Chances are he or she will encourage you to get moving by giving you personalized advice.

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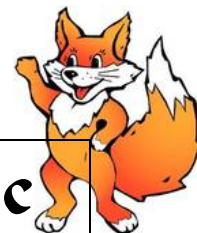


Ross 10 Speed Man's bike

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