

# Lesson 5: Move More

Participants will learn why and how they should be physically active to help control their blood pressure.

## Learning Objectives

By the end of the lesson, participants should:

1. Understand the relationship between physical activity and blood pressure
2. Recognize that **older adults should work with their health care provider** to develop an activity plan to consider chronic conditions, activity limitations and reduce risk of falls
3. Learn ways to be physically active as appropriate

## Suggested Activities

### Learning Objective 1

- Explain the relationship between physical activity and blood pressure and how exercise can be a drug-free approach to lowering high blood pressure. Emphasize that physical activity is not a replacement for taking medications and that participants who are already taking blood pressure medications should continue taking them. (See coach resource: Getting Active to Control High Blood Pressure.)
- Share that regular aerobic physical activity (such as brisk walking for at least 30 minutes most days of the week) can reduce systolic blood pressure by 4–9 mm Hg.
- Explain the various health benefits of physical activity for older adults. (See coach resource: Physical Activity and Health: Older Adults.)

### Learning Objective 2

- Explain why it is important for **older adults to work with their health care provider** to develop an activity plan that considers their current health and possible activity limitations. (See coach resource: Physical Activity in Older Americans.)
- Brainstorm questions that participants can ask their health care providers about how to safely increase their physical activity.

### Learning Objective 3

- Share tips for moving every day. (See coach resource: Physical Activity in Older Americans. See participant resources: Choose to Move More Every Day, Mix it Up, More is Better, See Yourself Here.)

- Share information and tips from the Go4Life campaign created by the National Institute of Aging and its resources which are tailored to older adults. (See coach resource: Go4Life.)

## Homework

Write down the physical activity questions you want to ask your health care provider at your next appointment.

## Resources

### Coach resources:

- Getting Active to Control High Blood Pressure
- Physical Activity and Health: Older Adults
- Physical Activity in Older Americans
- Go4Life

### Additional coach resources:

- See Yourself Here

### Participant resources:

- Choose to Move More Every Day
- Mix it Up
- More is Better

### Additional participant resources:

- Go4Life
- Check. Change. Control. Tracker (CCC Tracker)

All resources can be found online at [startwithyourheart.com/knowitcontrolit/coach](http://startwithyourheart.com/knowitcontrolit/coach).  
Username: **coach**  
Password: **knowitco@ch**

Participants can access these resources directly at [startwithyourheart.com/knowitcontrolit](http://startwithyourheart.com/knowitcontrolit).