

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. 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.

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.
- Share tips for moving every day. (See coach resource: Getting Active to Control High Blood Pressure. See participant resources: Choose to Move More Every Day, Mix it Up, More is Better, See Yourself Here, Start Moving More, Activity Log – AHA.)

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

Additional coach resources:

- Go4Life
- Move More, Walk Now
- Physical Activity and Health: Older Adults
- Physical Activity in Older Americans

Participant resources:

- Choose to Move More Every Day
- Mix it Up
- More is Better
- See Yourself Here
- Start Moving More
- Activity Log – AHA

Additional participant resources:

- Go4Life
- Move More, Walk Now
- Why Should I Be Physically Active?

All resources can be found online at startwithyourheart.com/knowitcontrolit/bpcoach.
Username: **coach**
Password: **knowitco@ch**

Participants can access these resources directly at startwithyourheart.com/knowitcontrolit.