



# **PITTSBURG COUNTY HEALTH DEPARTMENT**

## **Lifestyle Modifications to Manage Hypertension**

Oklahoma Heartland Project



# Physical Activity Lowers Blood Pressure

Physical activity generally decreases both the systolic (top number) and diastolic (bottom number) value by 4 to 9 points, and the decrease can occur as early as three to four weeks after increasing your activity level.



## How much physical activity do I need to do?

This chart tells you about the activities that are important for you to do. Do both aerobic activities and strengthening activities. Each offers important health benefits. And remember, some physical activity is better than none!

### Aerobic Activities

If you choose activities at a **moderate** level, do at least **2 hours and 30 minutes** a week.

If you choose **vigorous** activities, do at least **1 hour and 15 minutes** a week.

- Slowly build up the amount of time you do physical activities. The more time you spend, the more health benefits you gain. Aim for twice the amount of activity in the box above.
- Do at least 10 minutes at a time.
- You can combine moderate and vigorous activities.

### Muscle Strengthening Activities

Do these at least **2 days** a week.

- Include all the major muscle groups such as legs, hips, back, chest, stomach, shoulders, and arms.
- Exercises for each muscle group should be repeated 8 to 12 times per session.

# Types of Physical Activity

## Moderate Activities

(I can talk while I do them, but I can't sing.)

- Ballroom and line dancing
- Biking on level ground or with few hills
- Canoeing
- General gardening (raking, trimming shrubs)
- Sports where you catch and throw (baseball, softball, volleyball)
- Tennis (doubles)
- Using your manual wheelchair
- Using hand cyclers—also called ergometers
- Walking briskly
- Water aerobics



Aerobic Activities make your heart beat faster and can make your heart, lungs, and blood vessels stronger and more fit.



Muscle Strengthening Activities make your muscles do more work than usual.

## Vigorous Activities

(I can only say a few words without stopping to catch my breath.)

- Aerobic dance
- Biking faster than 10 miles per hour
- Fast dancing
- Heavy gardening (digging, hoeing)
- Hiking uphill
- Jumping rope
- Martial arts (such as karate)
- Race walking, jogging, or running
- Sports with a lot of running (basketball, hockey, soccer)
- Swimming fast or swimming laps

## Build up over time

**Start by doing what you can, and then look for ways to do more.** If you have not been active for a while, start out slowly. After several weeks or months, build up your activities—do them longer and more often.

**Walking is one way to add physical activity to your life.** When you first start, walk 10 minutes a day on a few days during the first couple of weeks.

**Add more time and days.** Walk a little longer. Try 15 minutes instead of 10 minutes. Then walk on more days a week.

**Pick up the pace.** Once this is easy to do, try walking faster. Keep up your brisk walking for a couple of months. You might want to add biking on the weekends for variety.

<http://www.health.gov/paguidelines/pdf/adultguide.pdf>, accessed February 2014.

**Tell your doctor if you have shortness of breath, chest pain, or unplanned weight loss.**



***Need help getting motivated?***

***Remember:***

**Switch it up.** Try a new activity each day like dancing or planting a garden to find out what you enjoy most.

**Make it social.** Involve your family and friends in physical activity to have fun, spend quality time together, and stay on track.

**Use videos.** Work out to fitness videos or DVDs. Check out a different DVD from the library each week for variety.

**Enlist support.** Who will remind you to get off the couch and help you reach your goals?

<http://www.nia.nih.gov/health/publication/exercise-physical-activity>, accessed February 2014.

# Physical Activity Action Plan

Answer the following questions.

**What?** (specific action)

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**How Much?** (time, distance, amount)

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**When?** (time of day and/or days of the week)

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**How Often?** (number of days in the week)

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**Confidence Level**

(on a scale of 0-10, 0=not sure at all and 10=totally sure)

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# How will I find the time and energy to become more physically active?



- Don't be afraid to become active.
- Find something you like.
- Mix it up; variety is good for you.
- Know what moderate means for you.
- Make it social.
- Reward yourself with something that supports your goals.
- Warm up and cool down.
- Practice breathing control.
- How much do I need to exert myself?
- Remember, pacing is important.
- Do not strain!
- Take a 10-15 minute walk during your lunch break.
- Take your children to the park.
- Wake up 30 minutes earlier and start your day with physical activity.

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## What is my target physical activity heart rate range?

$$220 - (\text{Age}) \underline{\hspace{2cm}} = \underline{\hspace{2cm}} (\text{max HR}^1)$$

$$(\text{Max HR}) \underline{\hspace{2cm}} - (\text{RHR}^2) \underline{\hspace{2cm}} = \underline{\hspace{2cm}}$$

$$\underline{\hspace{2cm}} \times .50 = \underline{\hspace{2cm}} + (\text{RHR}) \underline{\hspace{2cm}} = \underline{\hspace{2cm}}$$

$$\underline{\hspace{2cm}} \times .75 = \underline{\hspace{2cm}} + (\text{RHR}) \underline{\hspace{2cm}} = \underline{\hspace{2cm}}$$

1—HR is Heart Rate

2—RHR is Resting Heart Rate

**MY target physical activity heart rate range is:**

**to**

**NOTE: You should still be able to carry on a conversation while participating in physical activity.**

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# Stress management

## What is stress?

Stress is your body's response to change. The body reacts to it by releasing adrenaline that causes your breathing and heart rate to speed up, and your blood pressure to rise. These reactions help you deal with the situation.

The problems come when stress is constant and your body remains in high gear, off and on, for days or weeks at a time. Not all stress is bad. Speaking to a group or watching a close football game can be stressful, but they can be fun, too. The key is to manage stress properly.

## How does stress make you feel?

Stress affects each of us in different ways. Stress can:

- Make you feel angry, afraid, excited or helpless,
- Make it hard to sleep,
- Give you aches in your head, neck, jaw and back,
- Lead to habits like smoking, drinking, overeating or drug abuse,
- Lead you to not feel the effects, even though your body suffers from it.

# How can I cope with *STRESS*?

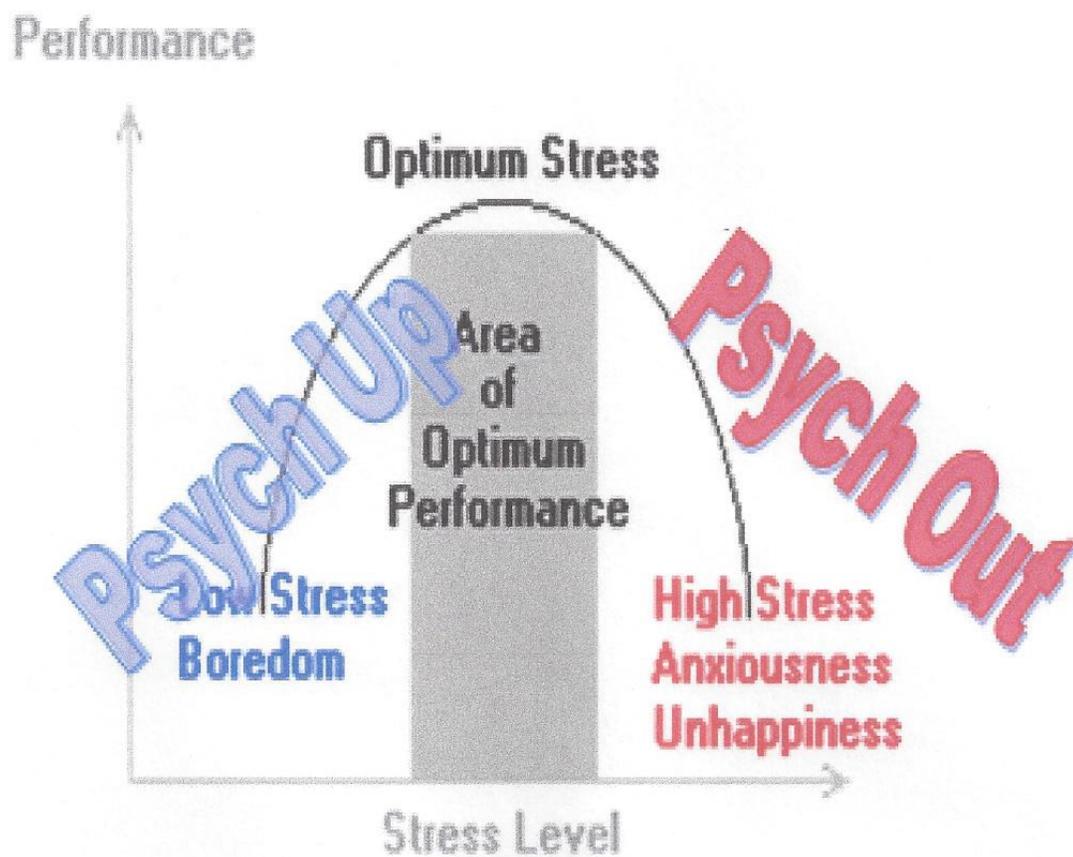
**Taking steps to manage stress  
will help you feel more in control of your life.**

Here are some ways to cope:

- Try positive self-talk,
- Take 15-20 minutes a day to sit quietly, relax, breathe deeply and think of a peaceful place or thing,
- Engage in physical activity regularly,
- Try to do at least one thing every day that you enjoy, even if you only do it for 15 minutes,
- Count to 10 before you speak,
- Break down big problems into smaller parts,
- Drive in the slow lane or avoid busy roads to help you stay calm while driving,
- Learn to say “no” – don’t promise too much,
- Don’t be afraid to say “I’m sorry” if you make a mistake,
- Take up a hobby, new or old,
- Listen to music,
- Play cards or board games with family and friends,
- Think ahead about what may upset you,
- Get enough sleep – 6 to 8 hours each night,
- Get organized – use “to do” lists to help you focus on your most important tasks.



# The Relationship Between Stress and Performance



The Relationship Between Stress and Performance

Yerkes Dodson Law

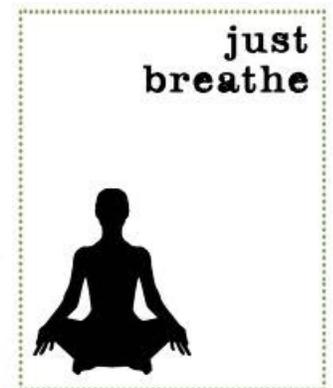
# Score Your Stress Level

## The Stress Scale

To score your stress levels, simply check the box in the right hand column next to all the events that have happened to you in the last year.

*This table is taken from "The Social Readjustment Rating Scale", Thomas H. Holmes and Richard H. Rahe, **Journal of Psychosomatic Research**, Volume 11, Issue 2, August 1967, Pages 213-218, Copyright © 1967 Published by Elsevier Science Inc. All rights reserved. Permission to reproduce granted by the publisher.*

Life Event	Value	Check if this applies
1 Death of spouse	100	<input type="checkbox"/>
2 Divorce	73	<input type="checkbox"/>
3 Marital separation	65	<input type="checkbox"/>
4 Jail term	63	<input type="checkbox"/>
5 Death of close family member	63	<input type="checkbox"/>
6 Personal injury or illness	53	<input type="checkbox"/>
7 Marriage	50	<input type="checkbox"/>
8 Fired at work	47	<input type="checkbox"/>
9 Marital reconciliation	45	<input type="checkbox"/>
10 Retirement	45	<input type="checkbox"/>
11 Change in health of family member	44	<input type="checkbox"/>
12 Pregnancy	40	<input type="checkbox"/>
13 Sex difficulties	39	<input type="checkbox"/>
14 Gain of new family member	39	<input type="checkbox"/>



# Score Your Stress Level

15	Business readjustment	39	<input type="checkbox"/>
16	Change in financial state	38	<input type="checkbox"/>
17	Death of close friend	37	<input type="checkbox"/>
18	Change to a different line of work	36	<input type="checkbox"/>
19	Change in number of arguments with spouse	35	<input type="checkbox"/>
20	A large mortgage or loan	31	<input type="checkbox"/>
21	Foreclosure of mortgage or loan	30	<input type="checkbox"/>
22	Change in responsibilities at work	29	<input type="checkbox"/>
23	Son or daughter leaving home	29	<input type="checkbox"/>
24	Trouble with in-laws	29	<input type="checkbox"/>
25	Outstanding personal achievement	28	<input type="checkbox"/>
26	Spouse begins or stops work	26	<input type="checkbox"/>
27	Begin or end school/college	26	<input type="checkbox"/>
28	Change in living conditions	25	<input type="checkbox"/>
29	Revision of personal habits	24	<input type="checkbox"/>
30	Trouble with boss	23	<input type="checkbox"/>
31	Change in work hours or conditions	20	<input type="checkbox"/>
32	Change in residence	20	<input type="checkbox"/>
33	Change in school/college	20	<input type="checkbox"/>
34	Change in recreation	19	<input type="checkbox"/>



# Score Your Stress Level

35	Change in church activities	19	<input type="checkbox"/>
36	Change in social activities	18	<input type="checkbox"/>
37	A moderate loan or mortgage	17	<input type="checkbox"/>
38	Change in sleeping habits	16	<input type="checkbox"/>
39	Change in number of family get-togethers	15	<input type="checkbox"/>
40	Change in eating habits	15	<input type="checkbox"/>
41	Vacation	13	<input type="checkbox"/>
42	Christmas	12	<input type="checkbox"/>
43	Minor violations of the law	11	<input type="checkbox"/>
	<b>Your Total</b>		<input type="checkbox"/>



"Mom did this to me. You should talk to her about her Christmas stress."



**Note:** If you experienced the same event more than once, then to gain a more accurate total, add the score again for each extra occurrence of the event.

## Score Interpretation

Score	Comment
300+	You have a high or very high risk of becoming ill in the near future.
150-299	You have a moderate to high chance of becoming ill in the near future.
<150	You have only a low to moderate chance of becoming ill in the near future.

are you  
**Stressed?**

# Ways To Relax

## Healthy ways to relax and recharge

- Go for a walk.
- Spend time in nature.
- Call a good friend.
- Sweat out tension with a good workout.
- Write in your journal.
- Take a long bath.
- Light scented candles.



- Savor a warm cup of coffee or tea.
- Play with a pet.
- Work in your garden.
- Get a massage.
- Curl up with a good book.
- Listen to music.
- Watch a comedy.

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# Oklahoma Heartland Project Partners



BlueCross BlueShield  
of Oklahoma



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