



## **POWERSUIT Exercise Guidelines for Hypertension**

### **Exercise Prescription**

**Frequency:** Begin with at least 3 times a week, then increase up to 6 -7 days per week as tolerated.

**Intensity:** Moderate-intensity effort (40-70% of what you could possibly do).

**Time:** 30 - 60 minutes or more of intermittent or continuous activity total for the day.

**Type:** Walking, jogging, shopping, yard work.

**Goal:** 30 - 60 minutes; 6-7 days per week

**A single bout of exercise can cause an acute reduction in BP that lasts many hours (up to 22 hr/day) – this is a GOOD thing!**

**In general, wearing the suit for long duration combined with low intensity effort will improve endurance; wearing the suit for short duration combined with moderate intensity effort will improve strength. If you do high intensity activities (pure strength improvement), make sure the duration is very short, but repeat the activity numerous times while taking rest periods that allow your heart rate and muscles to recover completely between repetitions (interval training).**