Abstract:
In the meantime, the positive effect of physical training, both in primary and secondary prevention of hypertension, has been confirmed in numerous studies. In recent years, it has been shown that regular sports activity of moderate intensity suffices to bring about a lowering of blood pressure. Highly recommended forms of training include walking, jogging, cycling and dynamic power training. Over a period of three to four months, a gradual increase in activity—for example, a daily training period of 15 to 20 minutes—should be the aim. However, an intensification of general physical activities may also lower blood pressure, irrespective of other risk factors.