

Keep Your Doctor in the Loop

While it is important to be physically active and improve fitness to help reduce blood pressure, the American Heart Association cautions that people taking medication for high blood pressure or a heart condition should consult their doctor before embarking on a vigorous exercise program. Further, you should call your doctor if any of the following conditions occur:

- You have pains or pressure in your left or mid-chest area, left neck, shoulder or arm, during or right after exercise.
- You tend to lose consciousness or fall over due to dizziness.
- You feel extremely breathless after mild exertion.
- You have developed chest pain within the past month.

Source: AHA Scientific Position, Exercise (Physical Activity). 1999.