

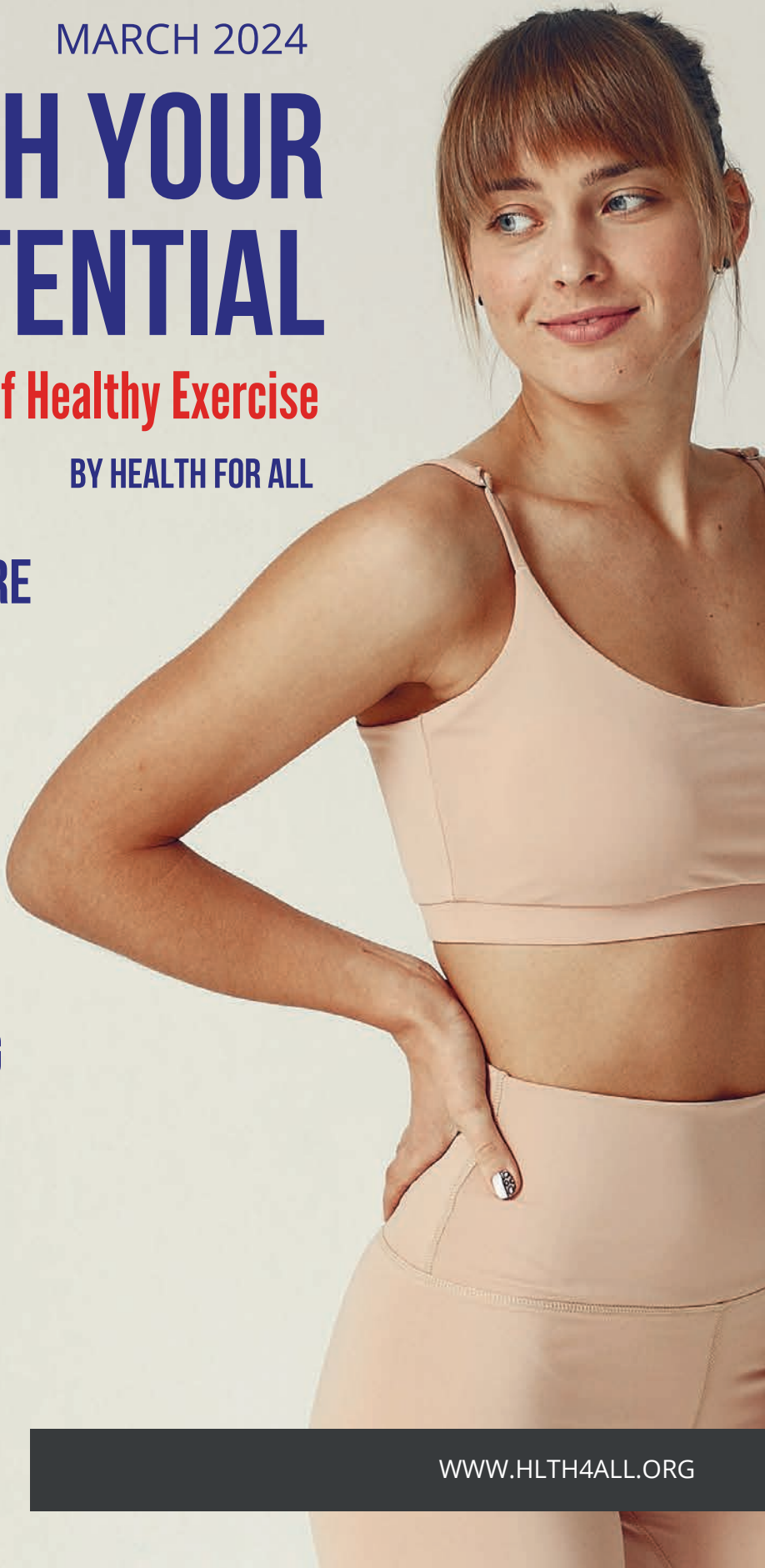
MARCH 2024

UNLEASH YOUR POTENTIAL



The Power of Healthy Exercise

BY HEALTH FOR ALL



LOWERING BLOOD PRESSURE

Strength training is more effective at lowering blood pressure than other styles of exercise, a new study finds.

HIP STRENGTHENING

Your hips—those ball-and-socket joints—do a lot of work all day. Taking care of them through hip exercises that strength and stretch can improve your range of motion and posture.

THE BENEFITS OF WALKING

Gentler, low-impact workouts can be just as vital as hard-core exercise—and that's especially true of a good old-fashioned daily walk.

WALKING IN COMFORT

These shoes will keep you happily on your feet all day—whether you're walking, at work, or at play.

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A new study, published in July in the *British Journal of Sports Medicine*, found that strength training exercises are more effective at lowering blood pressure than other forms of exercise.



- New research found that strength training exercises can be more effective at lowering blood pressure compared to other styles of exercise.
- Isometric movements, like wall sits and planks, were noted as the best form of strength training to lower blood pressure.
- Experts recommend creating a sustainable exercise routine that includes both aerobic exercises and strength training in order to see the most benefits.

Lower Blood Pressure with Isometric Exercises

“Isometric exercises increase the heart rate, lower cardiac output, and alter systemic vascular resistance via various musculoskeletal receptors,” said [Nitin Bhatnagar, DO](#), a cardiologist, human behavioral specialist, CrossFit coach, and life architect at Hampden and Franklin County Cardiovascular Associates in Massachusetts.

Strength Training

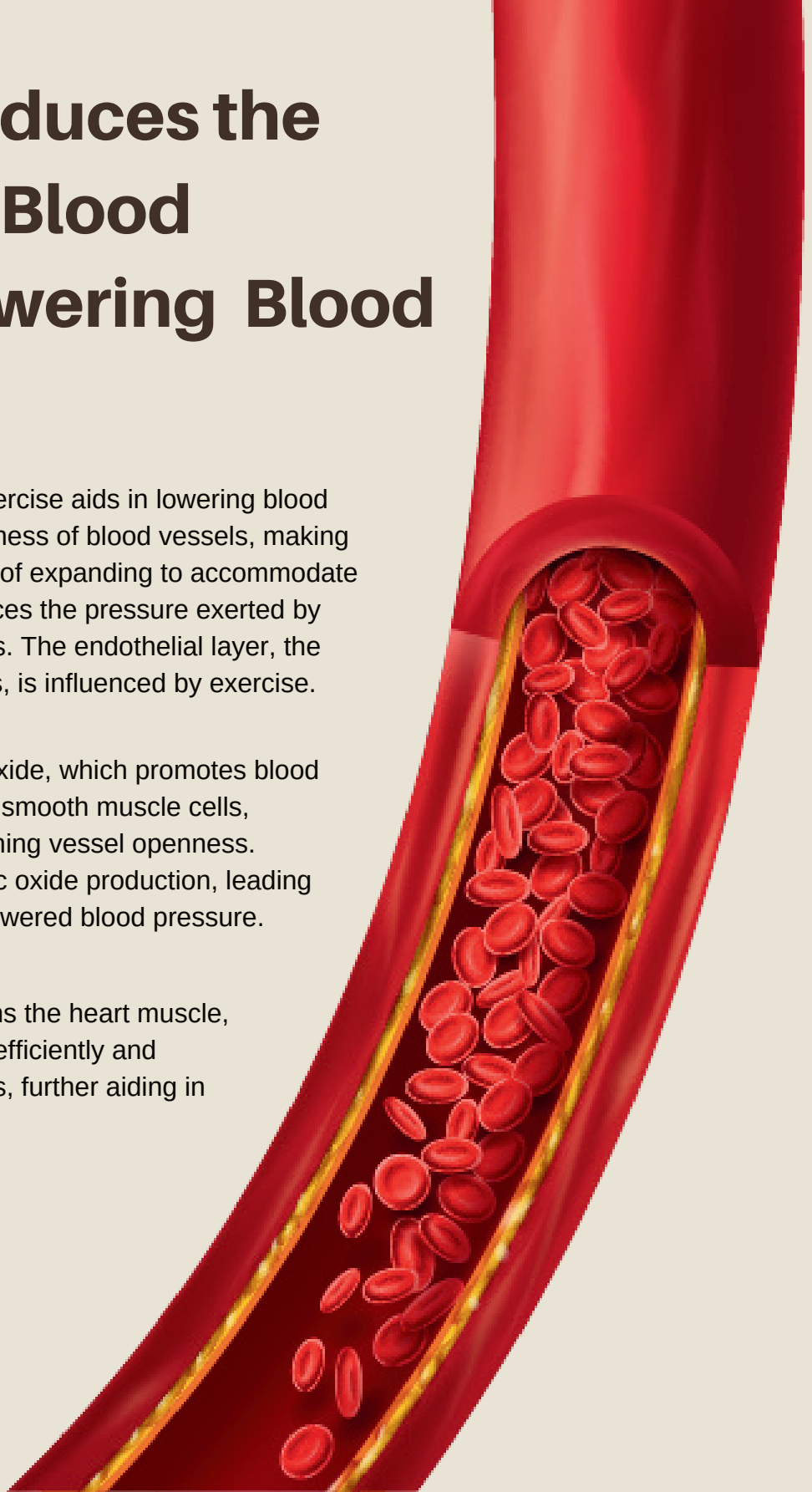


Exercise Reduces the Stiffness of Blood Vessels, Lowering Blood Pressure

From a broader perspective, exercise aids in lowering blood pressure by decreasing the stiffness of blood vessels, making them more flexible and capable of expanding to accommodate increased blood flow. This reduces the pressure exerted by blood on the walls of the arteries. The endothelial layer, the innermost layer of blood vessels, is influenced by exercise.

Endothelial cells release nitric oxide, which promotes blood vessel dilation and relaxation of smooth muscle cells, preventing spasms and maintaining vessel openness. Regular exercise increases nitric oxide production, leading to widened blood vessels and lowered blood pressure.

Additionally, exercise strengthens the heart muscle, enabling it to pump blood more efficiently and reducing stress on blood vessels, further aiding in lowering blood pressure



ULTIMATELY, IT'S IMPORTANT TO FIND A SUSTAINABLE EXERCISE ROUTINE THAT YOU CAN STICK WITH... THAT'S WHEN YOU'LL START TO SEE RESULTS

Exercises To Work on Hip Strength and Mobility

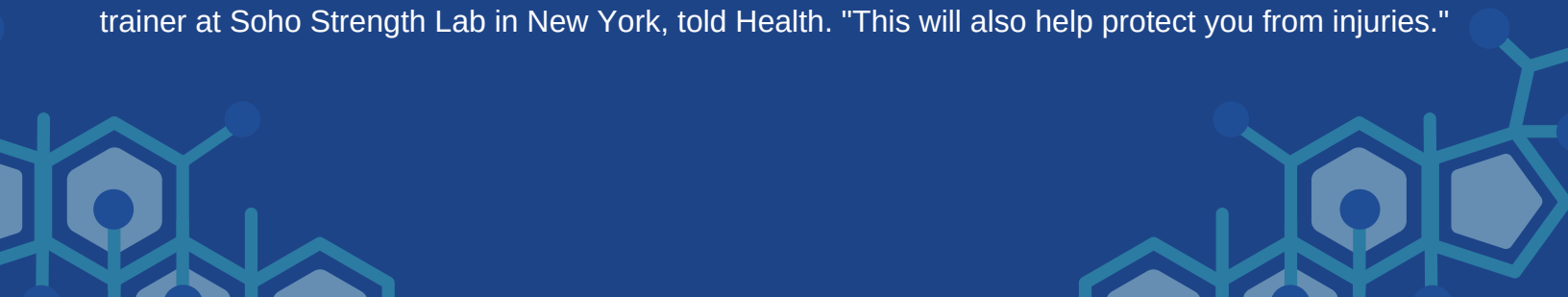


Three Reasons Why it's Important

Relaxes Your Joints

When a person has tight hips, it generally means that they have been sitting a lot, like at a desk job working on a computer all day. Some evidence suggests that sitting for long periods can reduce hip extension and cause stiffness.

"By doing active stretches before or after sitting for extended periods, you'll help relax the area, feel less tight, and allow yourself to sit comfortably for longer," said [Chelsey Wilkens, NASM-CPT](#), a trainer at Soho Strength Lab in New York, told Health. "This will also help protect you from injuries."



Improves Your Posture

When the hip tightens, it can stress the low back or the knee joint. Research has found that tight hips can alter posture and gait, or how you walk, and lead to injuries.³ Hip strength and mobility can help improve movement patterns and posture.

"If one joint isn't working as it should—say, the hips are tight and immobile—this can cause stress for the joint above or below it," explained Wilkens.

Helps Reduce Arthritis Symptoms

Arthritis is inflammation and swelling in one or more joints, causing painful symptoms.⁴ As a result, people with arthritis may find certain daily activities hard. Strengthening and stretching your hips helps increase your range of motion, alleviating pain and making those tasks easier.⁵

In a study published in 2017, people with hip osteoarthritis (OA) saw a significant decrease in pain after a 12-week exercise program. OA is a type of arthritis that causes the joint and bone to deteriorate. Uusi-Rasi K, Patil R, Karinkanta S, et al. Exercise training in treatment and rehabilitation of hip osteoarthritis: A 12-week pilot trial. *J Osteoporos.* 2017;2017:3905492. doi:10.1155/2017/3905492

Before starting a new exercise routine, talk with a healthcare provider to be sure it's safe for you. A healthcare provider can advise certain hip exercises, depending on your range of motion and goals.

Warming up your body before exercise helps you avoid injuries.



Hip Stretches

World's Greatest Stretch

1. Start in a plank position, your hands on the floor stacked directly under your shoulders. Engage your core, and keep your body in a straight line.
2. Step your right foot forward and outside of your right hand.
3. Lift your right hand, and place it behind your head. Lower your right elbow toward the floor.
4. Then, reach your elbow toward the ceiling as you rotate your torso to the right. Hold for three seconds.
5. Place your hand back down and move your right leg back to the plank position.

Repeat the movements on the left side. Continue alternating for five reps on each side.



Banded Ankle Side and Back Kick-Slides

1. Place a looped exercise band around your ankles and stand with your feet hip-width apart. Sit back slightly into hips.
2. Standing on your left leg, drive your right leg out to the side as you straighten your knee.
3. Step back to hip-width, then repeat the movement for 10 reps.
4. Next, drive your right leg diagonally behind you, straightening your knee. Then, step back to hip-width. Repeat the backward movement for 10 reps.

Switch sides, then repeat each stretching movement for 10 reps on the left side.



The Benefits of Walking



Our bodies have a natural need for daily movement. Walking offers an accessible means to stay active, keep blood flowing, expend energy, and stretch our muscles.

Walking offers significant health benefits: Just one moderate or intense walk can improve sleep and reduce anxiety. It can also help maintain mental sharpness, including memory, learning, and thinking.

In a study, researchers found that 40 minutes of brisk walking three times a week improved signaling in the brain's white matter, which is associated with cognitive function and Alzheimer's disease. Walking may also alleviate hormone-related symptoms common in midlife, with 91% of 77 different walking programs improving at least one menopause-related health issue according to a 2020 review.

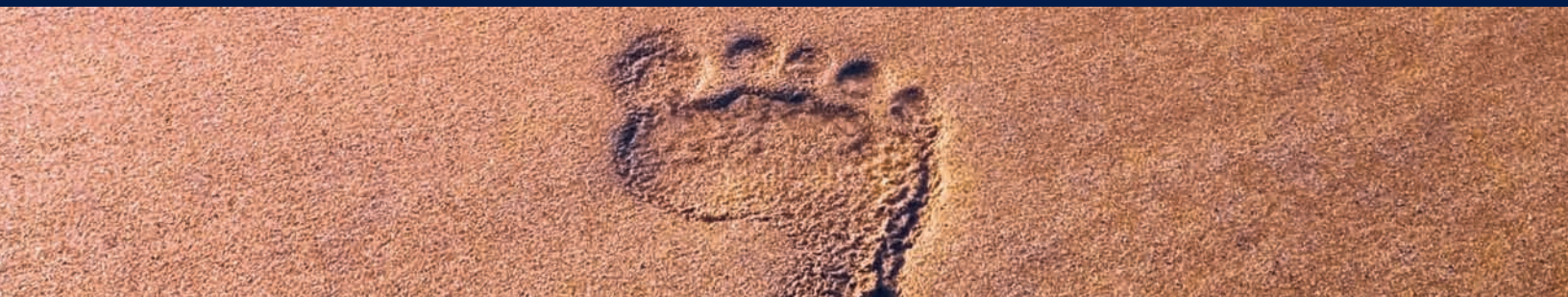
Additionally, walking can help decrease blood sugar levels, blood pressure, and LDL (bad) cholesterol, while improving balance, heart health, metabolism, HDL (good) cholesterol, and aiding in weight management. Adding walking to your routine, if it's accessible to you, can be a beneficial addition to your workout regimen.

Walking for Health

Move at a pace that elevates your heart rate without making you feel breathless. This could range from a 12-minute to a 20-minute mile (or 3–4.5 MPH on a treadmill at a 1.0 incline). If you have a heart rate monitor, target between 50% and 85% of your maximum heart rate based on your age.



Thirty minutes is the baseline amount of exercise that produces benefits





Best Overall Womens Walking Shoes:

Best Overall: Ryka Womens Devotion X Walking Shoe

BEST OVERALL RUNNER-UP:

[Kizik Roamer at Nordstrom \(\\$150\)](#)

BEST BUDGET:

[Skechers Go Walk Flex Alani at Amazon \(\\$52\)](#)

BEST CUSHIONING:

[On Cloud 5 at Amazon \(\\$125\)](#)

BEST FOR WIDE FEET:

[New Balance Fresh Foam 1080 V12 at Amazon \(\\$160\)](#)

BEST FOR PLANTAR FASCIITIS:

[Asics Gel-Nimbus 25 at Amazon \(\\$120\)](#)

BEST TRACTION:

[Vessi Cityscape Shoes at Vessi.com \(\\$105\)](#)

BEST FOR BUNIONS:

[Orthofeet Kita Hands-free Sneakers at Amazon \(\\$125\)](#)

BEST FOR FLAT FEET:

[Ryka Romia Walking Shoe at Amazon \(See Price\)](#)

BEST ARCH SUPPORT:

[Dansko Penni Walking Shoe at Amazon \(\\$81\)](#)



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