

# **3 Exercises to Lower Your Blood Pressure Without Having To Get Out of Your Chair**

**by Simon Foster & Alison Roe**

**[highbloodpressurebegone.com](http://highbloodpressurebegone.com)**

## **Disclaimer**

The information in this guide is based on research and first-hand experience in battling high blood pressure. The guide was created to provide helpful suggestions on lowering blood pressure naturally and developing a healthier lifestyle in general.

However, this guide is not a substitute for professional medical care or advice. If you are in any doubt about doing anything suggested in this guide, talk to your doctor first before taking action.

Also, since the science of natural health care is constantly evolving, we do not guarantee that the information contained in this guide is accurate, up- to-date, or fully complete. Under no circumstances do we, as authors of this guide, take any responsibility or liability whatsoever for outcomes related to following the information provided in this guide.

Having said all that, we hope you enjoy this short guide and find it useful!

**Copyright © 2019 Simon Foster & Alison Roe.  
All rights reserved.**

## ***Lower your blood pressure without leaving the comfort of your sofa***

You hear a lot about how getting more exercise will lower high blood pressure. This generally means aerobic exercise (sometimes also called 'cardio') - exercise which is energetic enough to get your heart and lungs working harder.

Doing this kind of exercise regularly strengthens your heart and cardiovascular system, improves your circulation and can result in lower blood pressure within weeks.

There are many ways to exercise this way - walking briskly, dancing, hoovering or gardening vigorously - and it brings mental and emotional benefits too. It stimulates the release of brain chemicals which promote feelings of positivity and well-being, which in turn makes you more resilient to stress - this is important as too much stress is often a factor in high blood pressure.

*“Yes, yes, I know,”* you might be saying. *“But aren't there exercises to lower high blood pressure which don't involve such exertion?”*

Well, it might sound too good to be true, but actually there are such exercises, and here are three of them:

### **Slow breathing**

Simply breathing slowly is actually the fastest way to lower your blood pressure - it can have an effect within minutes!

However, your blood pressure will likely climb back up once you start breathing normally again - if you only do it occasionally. So the key is to take a little time each day to do slow breathing.

This will help your blood pressure in two ways.

Firstly, if you get into the habit of being able to breathe slowly, then during those times when you're in a stressful situation and your blood pressure's shooting up, it'll be easier to take some slow breaths and keep your blood pressure down (and your head clear).

Secondly, just practising relaxed slow breathing for 15 minutes a day has been shown to reduce blood pressure - not just while you are breathing slowly but the rest of the time too.

In other words, the effects can build up - as long as you keep up a regular practice.

## ***Tips for slow breathing***

The simplest way to practice slow breathing is simply to get comfortable and breathe slowly at your own pace for 15 or more minutes.

Focus on keeping a fairly regular breathing rate. Some find it helps to count their breaths or time them with a watch.

Medical studies proving that slow breathing lowers blood pressure have used exercises of around 6 breaths a minute. If that's too slow for you to do comfortably, don't worry - it's just a rough guideline.

Listening to relaxing ambient music can also help while practising slow breathing.

The easiest way to lower blood pressure with slow breathing exercises is to listen to pre-recorded audio tracks which provide you with breathing cues you can breathe along to.

I have worked with a recording artist to create a set of slow breathing audio tracks you can download and start using today.

Included are tracks with breathing prompts only, and with breathing prompts with relaxing music in the background. All tracks are 15 minutes long.

You can start at 10 breaths per minute and work your way down to slower breathing tracks with practice.

To get started lowering your blood pressure just by breathing, click [here](#) to go to our slow breathing website:

### **[Slow Breathing Audio Tracks](#)**

Samples are available on the website that you can try right now.

## **Deep muscle relaxation**

This is a technique to relax all the muscles of your body and ultimately your mind too. It works to release stress and tension, both of which tend to push up blood pressure. The more you can physically and mentally relax, the better for your blood pressure.

It's often called "progressive muscle relaxation". Basically, you sit or lie down and focus on each group of muscles in your body in turn, tensing them for a few seconds, then suddenly relaxing them.

Pick a group of muscles to start with - your hands or feet, for example - and tense these as hard as you can, hold it for a few

seconds, then release the tension all at once. Pay close attention to the sensation of relaxation for a few seconds, then move on to the next muscle group, and so on throughout your whole body.

In the short-term, this is a great way to work tension out of your body as your muscles relax more deeply after having been tightly contracted.

In the longer-term, the aim is to develop awareness of the difference between the feelings of tension and relaxation, and to be able to relax more readily in situations of stress and strain.

## **Hand grip exercises**

These are exercises that just involve squeezing something with your hand on and off for 10-15 minutes. Sounds simple but when done correctly, these exercises can reduce blood pressure by 10%.

It's not completely clear yet how these exercises lower blood pressure, but the evidence so far suggests they work by balancing your autonomic nervous system which regulates blood pressure, improving the condition of your blood vessels, and encouraging your blood vessels to dilate, allowing freer blood flow.

To do them, you have to have something to squeeze. Medical studies have used the Zona Plus (an electronic device which measures your grip and gives you instructions). However, you can use regular hand-grippers or even just a rubber ball.

The format used in most of the medical studies is as follows:

- squeeze your chosen object for 2 minutes at a time, at about a third of your full grip strength
- rest for a few minutes (most studies used 1 or 3 minute periods)
- repeat this cycle 3 more times (i.e., do a total of 4 cycles) – some recommend to alternate hands as you do it

You need to do this at least four days a week and keep it up. The effects can take a month or two to manifest but as long as you continue to do the exercises, you'll continue to feel the benefits.

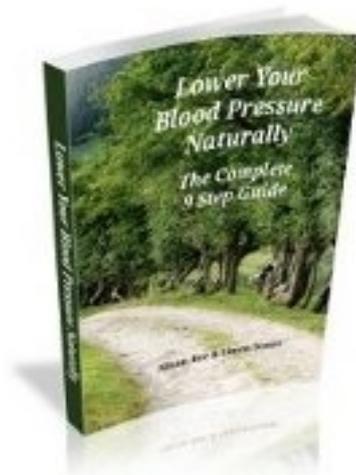
*NOTE: Detailed instructions on how to do these relaxation and handgrip exercises effectively are included in our 9 step guide to lowering your blood pressure naturally - details below.*

## What else?

There are actually a lot of other techniques and exercises you can do to lower your blood pressure. There are also plenty of foods and drinks which reduce blood pressure.

To make it easy, I've created a handy step-by-step guide to lowering blood pressure without medications, drawing on all the latest discoveries in natural remedies:

### **Lower Your Blood Pressure Naturally The Complete 9 Step Guide**



Based on years of research, testing and first-hand experience, these effective methods for lowering blood pressure without drugs are laid out in 9 easy-to-follow steps.

Just follow the steps, one at a time, at whatever pace suits you.

The guide helps you discover a wide range of delicious super-foods and drinks that reduce your blood pressure. It also includes simple mental and physical exercises for relaxation, invigoration and blood pressure normalization, including detailed instructions on how to do the relaxation and handgrip exercises just described.

Exposing the many myths about diet, lifestyle and blood pressure, this guide will put you on the right track to achieving more energy, peace of mind and a healthier, happier life (as well as a healthier blood pressure).

Lowering blood pressure naturally has never been easier. Click [here](#) to get started today:

[Lower Your Blood Pressure Naturally - The Complete 9 Step Guide](#)