ExErcisE your right
to livE a hEalthiEr lifE.

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PUMP IT UP TO LOWER YOUR BLOOD PRESSURE

Looking to lower your blood pressure? Then lace up your sneakers and get a move on. Exercise is a tried and true way to lower blood pressure, lose weight and relieve stress.

GET A MOVE ON

Here are some useful tips for starting your workout routine:

1. Know your limits. If you’re just starting out, don’t try to run a marathon. Start by walking for 15 minutes a day. Then, slowly add 10 minutes to your routine. Aim for about 30 minutes of exercise each day.

Think you can handle more? Studies show that exercising for 60 minutes a day can have an even better effect on your health. And you don’t have to carve out time to do all this exercise at once. You can break it up into two 30-minute sessions, or even three 20-minute sessions.

2. Stick with what you like. It may sound obvious, but it’s true: if you pick an activity you like, you’re more likely to stick with it. Maybe it’s hiking. Or dancing with your kids in the living room. Or even mowing the lawn. Anything counts as long as it gets your heart rate up for an extended period of time.

Not sure where to start? Try walking. It’s easy. It’s free. And it’s low impact on your joints. Plus, it’s a fun activity to do with a friend or family member.

3. Step it up. Once you’re comfortable with your routine, increase the intensity. Here’s a quick guide to help you figure out what intensity level is right for you:

   - If you can sing a song while walking, you should walk faster or try a hilly path.
   - If you can talk somewhat comfortably, you’re walking at about the right level.
   - If you’re huffing and puffing and can’t talk at all, walk a little slower.

Remember, always check with your doctor before you start any new exercise routine.

YOUR WEEKLY GOALS

1. Choose an exercise you like. Then, try to do it for 15-30 minutes each day to turn it into a habit.

2. Set time on your calendar to exercise. For extra motivation, set reminder alarms and invite a friend to join you.

3. Connect with Cigna for more resources. See how in the “Connect to More” section below.

A HABIT YOU WON’T WANT TO BREAK

Exercising is a habit. When you start exercising regularly, it becomes part of the rhythm of your day.

It takes at least 21 days to turn an activity into a habit. So, if you exercise every day for three weeks, it’ll become part of your routine. Here are four simple ways to get started:

- **Schedule time.** Block off time each day so you’re less likely to skip it or say you’re too busy. Make it down on your family and work calendars.

- **Remind yourself.** Set your alarm to go off when it’s time to exercise. For extra motivation, set reminder alarms and invite a friend to join you.

- **Pair up.** Working out is more fun when you do it with friends. They can also help motivate you to stick with it. So ask a buddy to join you in your new healthy routine.

- **Start small.** Start by exercising for just 15 minutes a day. After one week, up it to 30 minutes a day.

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CONNECT TO MORE

Looking for more information on exercise? Look no further. Here are some great places to go for more information:

- **myCigna.com** — Log in and look for articles and other educational materials
- **YouTube.com** — Search “Cigna Hypertension” and click on the video titled “High Blood Pressure and Exercise”
- **Call the number on your Cigna ID card and ask about:**
  - Programs and resources related to exercise
  - Nurse advice line
  - Audio library covering hundreds of topics
- **10,000 Steps Walking Program** — To get started, visit thewalkingsite.com/10000steps.html

Offered by: Connecticut General Life Insurance Company or Cigna Health and Life Insurance Company.