

# The Beat Goes On

## Exercise Regularly



### Count The Ways Exercise Lowers

#### Blood Pressure

1. Burns excess sugar, therefore lowering overall glucose levels. This also means you are burning excess calories. Burning excess calories helps you to lose or maintain a healthy weight.
2. Improves the strength of your heart. Your heart is a muscle and you must use it or lose it. Challenging your heart regularly through cardiovascular exercise creates an environment where it doesn't have to work as hard to circulate blood effectively. Overall circulation is improved.
3. Promotes restful sleep. It is proven that sleep apnea or just not getting enough quality sleep can contribute to elevated blood pressure.
4. Releases tension and anxiety. Exercise is one of THE BEST ways to manage daily stress. Elevated stress levels, especially chronic stress (over a long period of time), can be a culprit in elevating blood pressure.

RPE Scale	
10	<b>Maximum effort</b> The hardest you can possibly work. Last minute of a close game, the last 100m of a 400m race, 1-3RM lifting.
	9
7-8	
	4-6
2-3	
	1

### RPE (Rate of Perceived Exertion)

Have you ever taken the time to gauge how hard you are working when exercising? Well, if you don't have a heart rate monitor you can still track your effort. This is also great for measuring progress as you get stronger. In the chart above you'll see a number scale with a description next to it. When getting good cardiovascular exercise, it is important to spend time in the moderate to hard category. If you are new to working out this will likely be more moderate with sprinkles of hard. As you become more fit, you may spend increasing amounts of time in the hard category with sprinkles in the really hard and max effort categories.