

## Physical activity, the “magic pill” to prevent hypertension (among other diseases)

Science has shown that physical activity is **FUNDAMENTAL** to maintain the health of children and adolescents, **BUT...** Why is regular physical activity important? What effect does it have on blood pressure? Read this fact sheet to the end and you will find out.

### What are the benefits of physical activity?



The regular practice of physical activity not only favors weight control, but also improves physical condition (which is the ability to make a sustained effort and an important marker of health), improves lung capacity, regulates blood sugar and fat levels, increases muscle and bone strength, improves our defenses and also reduces stress, increases the level of happiness and improves academic performance!

And adding to all this... if there is hypertension, it lowers blood pressure.

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## Tips for achieving physical activity in my family

How do I get my child to engage in an hour of moderate physical activity as recommended? How do I get my two-year-old to be at least three hours active a day?. Although it may seem almost impossible, it can be done.

Here are some tips to help you increase your family's health.

- If you want your children to be active, practice with them. Be EXAMPLE!
- Plan activity times throughout the week: day and time. Don't improvise.
- Congratulate your children every time they are physically active, and let them know how good they feel after being active and how much progress they are making.
- Never limit physical activity as a punishment or for bad grades. Physical activity, among other benefits, improves school performance.
- If your children have anxiety or nervousness, practice physical activity with them.
- The great enemy of physical activity is the excessive use of screens. If there are difficulties for your children to practice it, look at the number of hours they spend in front of them and limit it!

All that is needed is that YOU, as the person responsible for the HEALTH of your children, to put it into practice.

[Please take this survey and help us improve the parent area of HyperchildNET. It will take 10 minutes](#)



[Want to learn more about how to improve your child's cardiovascular health? Visit us at:](#)





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[www.hyperchildnet.eu](http://www.hyperchildnet.eu)

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