

运动说明：高血压

Exercise Instructions: High Blood Pressure (Hypertension)(Chinese)

始终遵循您的提供者（医生/执业护士/医生助理）的建议。以下说明是一般性的，只有在他们批准的情况下才能完成。

Always follow the advice of your provider (doctor/nurse practitioner/physician assistant). The instructions below are general and should only be done with their approval.

一般准则 General Guidelines

热身 Warm-up	10 分钟 10 minutes
有氧运动 Aerobic	30-60分钟持续运动 (使用运动自觉强度量表 – 见下一页) 30-60 minutes continuous exercise (use Rating of Perceived Exertion – see next page)
重量训练 Weight Training	10-20 分钟 10-20 minutes
舒缓 Cool Down	10-15 分钟 10-15 minutes
伸展 Stretching	最多 5 分钟的轻度拉伸 Up to 5 minutes of light stretching

热身 Warm Up

容易/轻松的运动来为肌肉做有氧和/或重量训练锻炼的准备。

Easy/light movement that prepares muscles for aerobic and/or weight training exercise.

有氧运动 Aerobic

- 使用大肌肉群一起工作。 Uses large muscle groups working together.
- 每周3-6天以中等强度进行。随着时间的推移，这应该会降低您的血压。

Done 3-6 days per week at a moderate intensity. Over time, this should lower your blood pressure.

- 这应该会导致心率（HR）和呼吸频率的增加，但您仍然应该能够进行对话。

This should cause an increase in heart rate (HR) and breathing rate, but you should still be able to carry on a conversation.

- 例如：步行、骑自行车和使用 Nustep®。
Examples: walking, biking, and using a Nustep®.

持续运动包括在整个过程中以相同的速度运动。如果无法进行20分钟的持续运动：

Continuous exercise involves exercising at the same pace for the entire time. If unable to do 20 minutes of continuous exercise:

- 慢下来，试着增加您的时间。
Slow down and try to increase your time.
- 当您能够增加时间时，慢慢地增加强度。

Slowly increase intensity as you are able to increase your time.

如果您不能一次进行整个锻炼，请尝试间歇性训练 - 每天不止一次20分钟的有氧运动，最多总共60分钟。

If you can not do an entire workout at one time, try intermittent training - 20 minutes of aerobic exercise more than once a day, up to a total of 60 minutes.

重量训练 Weight Training

- 目标是每周2-3天以轻重量做高重复（重复次数）为目标。

Aim for high repetitions (reps) with light weights 2-3 days per week.

- 从每个肌肉群（腿，背部，胸部，肩膀和手臂）做1组12-15次重复开始。

Start with 1 set of 12-15 reps per muscle group (legs, back, chest, shoulders, and arms).

- 当能够忍受时，增加到3组，每组15次重复。
Increase to 3 sets of 15 reps when able to tolerate.
- 肌力训练只能在某种形式的有氧暖身后进行。

Strength training should only be performed after some form of aerobic warm-up.

- 确保在运动的用力部分呼吸（当您收缩您正在训练的特定肌肉时）。

Be sure to breathe on the exertional part of the exercise (when you are contracting the specific muscle you are training).

备注：此时进行等距训练（推或拉靠固定物体，如墙壁或杆）是不安全的。

Note: It is not safe to do isometric training (pushing or pulling against a fixed object like a wall or bar) at this time.

舒缓 Cool Down

类似于暖身；轻松的运动，帮助您的心率（HR）恢复到休息时的水平。

Similar to the warm up; light movement to help bring your heart rate (HR) back to its resting level.

柔韧性/拉伸性 Flexibility/Stretching

- 减少肌肉酸痛并增加柔韧性。

Decreases muscle soreness and increases flexibility.

- 每次锻炼后完成。

Done after every workout session.

- 在不动的情况下保持伸展最多30秒（若能耐受），并确保继续呼吸。

Hold stretch up to 30 seconds (as tolerated) without moving, and be sure to keep breathing.

注意事项 PRECAUTIONS

- 您的医生应该在您开始锻炼计划之前给予许可。

Your physician should clear you before you start an exercise program.

- 已知患有高血压和心脏病/慢性心衰竭的人可能需要降低锻炼强度。

People with known high blood pressure and heart disease/chronic heart failure may need to lower workout intensity.

- 运动可能导致体液流失（脱水），因此请喝液体以防止运动后血压过低。有液体限制的患者应向医生寻求更特定的建议。

Exercise may result in fluid loss (dehydration) so drink fluids to prevent low blood pressure after exercise. Patients on fluid restriction should ask for more specific advice from their physician.

何时致电及致电给谁 WHEN TO CALL & WHO TO CALL

如果您在运动前或运动中出现任何这些症状，请立即停止运动并联系您的医生：

If you have any of these symptoms before or during exercise, stop exercise immediately and contact your physician:

- 胸痛呼吸短促 Shortness of breath
- 头昏，或 Lightheadedness, or
- 运动期间血压（BP）下降10mmHg（如果能够在运动时检查血压）

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Drop of 10mmHg in blood pressure (BP) during exercise (if able to check BP while exercising)

- 任何与平时不同的感觉
Anything that feels different than usual

博格运动自觉强度量表(RPE)

BORG RATING OF PERCEIVED EXERTION (RPE)

使用此量表来检测您的运动强度。理想的评级为11-13。

6	
7	非常, 非常轻
8	
9	非常轻
10	
11	相当轻
12	
13	有点难
14	
15	难
16	
17	非常难
18	
19	非常, 非常难
20	

6	
7	Very, Very Light
8	
9	Very Light
10	
11	Fairly Light
12	
13	Somewhat Hard
14	
15	Hard
16	
17	Very Hard
18	
19	Very, Very Hard
20	

有关锻炼的问题，请致电联系锻炼顾问于：

心血管中心：

734-936-5627

心血管科位于达美乐农场

734-998-5666 或 998-7400

For questions about exercise, call the exercise consultants at:

Cardiovascular Center

734-936-5627

Cardiovascular Medicine at Domino's Farms

734-998-5666 or 998-

7400

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Developed by Preventive Cardiology

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