

Slow Your Breathing to Lower Your Blood Pressure

Paced Breathing is a technique that, when practiced regularly, can help you in maintain a healthier blood pressure over time. By practicing a slower breathing rhythm, you will be able to relax muscles and blood vessels, allowing blood to flow more easily. This action leads to improved blood flow and a lower blood pressure, helping you manage hypertension and its impact on your overall health.

Use this tip sheet for suggestions on how to progress through our 3-track podcast series on *Paced Breathing for Hypertension*, found at www.HillPhysicians.com. We recommend you practice paced breathing one or more times daily for a period of 15 minutes. It is best to aim for gradually working towards a goal of 6 breaths per minute.



Preparing for Your Paced Breathing Practice

Start your practice with the podcast, *Paced Breathing for Hypertension, Beginning Level*, on a daily basis (at the same time each day) so it becomes a familiar routine. After practicing the beginning level's technique, you can maintain your practice using the *Advanced Level Practice*.

Paced Breathing is most effective when you are comfortable and relaxed. To ensure your experience is successful:

- Find a **quiet, relaxing place** to practice.
- Set aside **15-20 minutes of uninterrupted time**.
- **Be comfortable!** Sit or lie down with your arms and legs uncrossed and your feet and hands resting comfortably.

Additional Resources

Visit our website, www.HillPhysicians.com, to find many more audio and video podcasts on a variety of health topics. Visit us frequently to take advantage of new offerings designed to help you relax, manage stress, and achieve balance in mind and body.

Explore the free interactive tools available through our **Heart Health Online Health Center**, and view or download our **tip sheet** on **Blood Pressure**. These resources can help you learn more about the causes and symptoms of high blood pressure, plus offer ideas for lifestyle and stress management changes to help you to reduce your hypertension now. Our website also offers recipes, articles, and further resources to help you take charge of your total health and well-being.

For more help with hypertension or other health concerns, contact **Member Health Improvement** at **(800) 445-5747** or health@hpmg.com.