

Isometric Exercise Can Reduce Blood Pressure!



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You probably already know that high cholesterol and blood pressure are major risk factors for heart disease. But do you know about inflammation? Recent research shows it plays a key role, and that working to reduce it can prevent heart attacks and strokes.

"Just like we're targeting blood pressure, cholesterol and blood glucose, we also need to target inflammation," says [Erin Michos, M.D., M.H.S.](#), associate director of preventive cardiology for the [Ciccarone Center for the Prevention of Heart Disease](#). We all should be making an effort to reduce chronic inflammation in our bodies.

One of many "inflammation reducing" strategies is isometric exercise. A significant conclusion from a recent Mayo Clinic brings encouraging news for those with high blood pressure.

"Isometric resistance training lowers systolic blood pressure (SBP), diastolic blood pressure (DBP), and mean arterial pressure. The magnitude of effect is larger than that previously reported in dynamic aerobic or resistance training. Our data suggest that this form of training has the potential to produce significant and clinically meaningful blood pressure reductions and could serve as an adjunctive exercise modality."





At The Continuum Method, Personal Trainers, and MAT (Muscle Activation Techniques) specialists apply the latest researched-based techniques across the full range of exercise protocols.

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So what is isometric exercise ?

Writing for the Mayo Clinic, Dr. Edward Laskowski defines isometric exercise as ***contractions of a particular muscle or group of muscles***. Unlike with isotonic exercises, isometric exercises do not move muscles through a range. Instead, the muscles are stable, done in one position, so that there is tension but no change in length. Isometric exercise is also known as static strength training that involves holding a position rather than moving the joint.

Benefits of isometric exercise:

- Requires little time—you can benefit in as little as 10 to 30 seconds when performed regularly.
- Has a rehabilitative effect on muscles
- Improves joint flexibility
- May help lower blood pressure!

