### Abstract (resumen de 100-250 palabras)

A sedentary lifestyle is, today, a major public health problem, being the fourth most important risk factor mortality worldwide. Physical inactivity is increasing in many countries, significantly influencing the prevalence of noncommunicable diseases (NCD) such as high blood pressure.

There is scientific evidence that physical activity prevents and controls blood pressure and also improves the health of the general population. Therefore, regular and continuous physical exercise is one of the most important non-pharmacological treatments of this. That is why, health professionals, especially those in primary care, have an important role to increase the level of exercise in the population.

In the present study, after conducting a literature search, the most important recommendations of physical activity for hypertensive patients are collected.

### Materias o Palabras claves (máximo 5)

- Hypertension
- Blood pressure
- Exercise
- Physical activity

**Gaiak edo hitzakoak (gehienez 5):**

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