

Normal blood pressure at rest is diastolic a range of 60-90 mmHg and systolic 100-140 mmHg. Hypertension is chronic elevated arterial systolic blood pressure > 140 mmHg, and diastolic blood pressure > 90 mmHg. Epidemiological indicate studies that elevated blood pressure leads to stroke, heart coronary disease, congestive failure heart and end stage of renal disease. There are two types of hypertension; primary (essential) of cause unknown which includes more than 95% of all cases of hypertension, and secondary hypertension which is due to underlying disorder it accounts less than 5% of hypertensive cases.

Response to moderate exercise protocol in hypertensive patients. To study the effect of exercise on systolic, diastolic, and lipid profile elements in treated and untreated hypertensive patients.

The study was conducted in Marjan medical city in Hilla from April to September 2015. The random sample of 30 patients of hypertension including 16 males and 14 females, their ages from 40 -60 years. Regular treated patients were 23, none treated 7. Patients were recruited from outpatient clinic. History and physical examination were obtained from all patients. Lipid profile tests, BMI, measurement of blood pressure were performed before and after exercise.