

*Editorial continued*

per week, 30 to 60 min per session, at 50 to 80 % of maximum predicted heart rate.

Initially, the exercise intensity should be low and the duration short. Both intensity and duration should progressively increase over a period of weeks until the desired goal is achieved. The rate of progression must be tailored to meet the patient's needs and abilities. **Adherence** of hypertensives (and normotensives as well) to an intervention aerobic training program seems to be a common problem. For this, an exercise-dependent state is suggested to be a target, if we want exercisers to stick in the program. This exercise-dependent state, is a well known, though relatively poorly studied phenomenon, particularly experienced by long-distance runners.



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For more results and further details, please refer to: Rontoyannis G. Physical Activity and Hypertension, *World Rev Nutr Diet* 2005; **94**:120–128. ■

## World Hypertension Day 2006

### Activity Report from Germany

Following activities were developed by the **German Hypertension Society** on the occasion of the World Hypertension Day 2006:

- 100,000 copies of the poster and 450,000 flyers were distributed nationwide to medical doctors, pharmacies and lay persons.
- 80,000 addressees received mail with posters and flyers for distribution.
- The main theme on the flyer and the poster was inspired by the soccer world championship 2006 that took place in Germany. Literally translated, the message of the inscription on the picture is:

**Soccer is the most common sport in Germany, hypertension is the most common illness in Germany.**



A total of 311 events took place on May 13, 2006, in form of lectures on hypertension given by doctors in clinics and public assembly rooms, and information desks on highly frequented places in inner cities where information material was handed out and blood pressure was measured. Preparation of lectures for the population by doctors, the inclusion of the press and media as well as presentations by self help groups has been somewhat hampered by the late announcement of the date of the World Hypertension Day 2006.

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*WHL News continued*

JWG 7 will discuss all written comments on its next meeting in Milan, Italy, the week after the ESH meeting in Milan.

All interested experts are invited to participate in the meeting on this topic on Monday evening, June 18, 2007. It is recommended to contact Mr. Wenzelowski to arrange the details. ■