

# Influence of Regular Physical Activity on Stress Levels and Blood Pressure

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**Abstract:** *Physical activity is widely recognized as an essential component of a healthy lifestyle. Regular exercise not only improves physical fitness but also plays a significant role in reducing psychological stress and controlling blood pressure. This research paper examines the relationship between regular physical activity, stress levels, and blood pressure. Evidence from scientific studies indicates that individuals who engage in regular physical activity experience lower stress levels, improved mental well-being, and reduced risk of hypertension. The findings suggest that physical activity should be promoted as a cost-effective and non-pharmacological strategy for improving cardiovascular and mental health.*

**Keywords:** Physical Activity, Stress, Blood Pressure, Exercise, Hypertension, Mental Health