In a study done at the Department of Medicine, Wakayama Medical College, Japan by M Iwane, M Arita, S Tomimoto, O Satani, M Matsumoto, and I Miyashita Nishio that investigated the effects of walking 10,000 steps per day or more (measured using a pedometer) on blood pressure and cardiac autonomic nerve activity in mild essential hypertensive patients, it was found that those walking 13,510 (plus or minus 837) steps per day for 12 weeks lowered their blood pressure. Walking also significantly lowered low-frequency fluctuating systolic blood pressure as an index of sympathetic nerve activity.

These results indicate that walking 10,000 steps per day or more, irrespective of exercise intensity or duration, is effective in lowering blood pressure, increasing exercise capacity, and reducing sympathetic activity in hypertensive patients.