



Take Steps

Healthy habits to lower your blood pressure

To PREVENT high blood pressure:

1. Aim for a healthy weight.

Try not to gain extra weight and lose weight if you are overweight. Try losing slowly — about half a pound to one pound a week until you reach a healthy weight.

2. Be active every day.

You can walk, dance, use the stairs, play sports or do any activity you enjoy.

3. Use less salt and sodium in cooking.

Buy foods marked “sodium free,” “low sodium,” or “reduced sodium.” Take the salt shaker off the table.

4. Eat more fruits, vegetables, whole grain breads, whole grain cereals and lowfat dairy products.

5. Cut back on alcohol.

Men who drink should have no more than one or two drinks each day. Women who drink should have no more than one drink a day. Pregnant women should not drink any alcohol.

To LOWER high blood pressure:

1. Practice these steps:

- eat more fruits, vegetables, whole grain breads and cereals and lowfat dairy products
- eat fewer foods high in salt and sodium
- be active every day
- maintain a healthy weight
- if you drink alcohol, do so in moderation

2. Take your medicine the way your doctor tells you.

3. Have your blood pressure checked often.

Be aware of hidden sodium.
Often food that comes in a
box or can is high in sodium.

