

Healthy Lifestyle, Lower Blood Pressure

Making healthy choices daily can improve your health and lower your blood pressure. Even if you take medication, healthy choices work with your medication to lower your blood pressure.

Healthy habits lower blood pressure



Physical Activity

- Get up and move every hour you are awake
- Try to exercise at least 30 minutes 5 days a week



Healthy Foods

- Choose whole grains, lean meats, and low-fat dairy
- Try to limit pre-packaged and fast foods
- Aim for 4-5 servings of fruits and 4-5 servings of vegetables each day



Lower Salt (Sodium)

- Try to limit salt to 1500-2000 mg per day



Limit Alcohol

- The goal is no more than:
 - 1 alcohol drink a day for women
 - 2 alcohol drinks a day for men



Stop Smoking

- Call the Tobacco Quit Line (1-800-784-8669)
- Everyone should avoid second-hand smoke

Check your blood pressure as you make healthy changes!