

Weight Loss to Lower Blood Pressure

If you are overweight, losing even a small amount of weight can lower your blood pressure.

Set Goals

- Make your weight loss goals by changing the way you eat and exercise.
- Healthy weight loss takes time (about ½ to 1 pound of weight loss per week).

Measure your Energy Needs

To lose weight, your body needs to burn more energy (or calories) **than you eat**. Lowering how many calories you take in is the best way to start losing weight.

✓ **Calories In: Food Logging**

Track what you eat and drink to increase your chance of weight loss success!

- **Record everything you eat and drink.**
 - For 1 week, learn how many calories you normally take in per day.
 - Use paper and pencil, free web tools, or phone apps.
- **Lower your daily calories. Aim for 100-500 fewer calories per day.**
 - To reduce your calories:
 - Avoid sugary drinks!
 - Take time for healthy meal planning and food preparation.
 - Use smaller plates and bowls to lower your portion sizes.

✓ **Calories Out: Activity Trackers**

Track the calories you burn each day by using an activity tracker or by logging activities with your food log.

- **Increase your physical activity**
 - Start exercising at least 10 minutes at a time or increase your usual exercise time. **Slowly work up to burning about 2000 calories per week** (ex. 5 days of walking briskly for 1 hour).
- **Maintain your resting metabolism** (calories burned when not active)
 - **Eat at least 1200 calories each day** to avoid slowing down your metabolism. Exercise regularly.

Work with your healthcare team to help you reach your weight loss goals!