

BLOOD PRESSURE

PREVENT AND CONTROL

Healthy Eating

- Eat a low sodium diet. Check food labels for sodium content and add minimal salt to home cooked food.
- Eat 1,500 mg or less of sodium a day.
- Eat plenty of fruits and vegetables, 4 to 5 servings a day.
- Limit sugary and fatty foods.

Physical Activity

- Physical activity can help lower and maintain a healthy blood pressure.
- The American Heart Association recommends 40 minutes of moderate to vigorous intensity aerobic activity 3 or 4 times per week like dancing, running, fast walking, bike riding, and sports.

No Smoking

- Cigarette smoking raises blood pressure and increases the risk for heart disease and stroke.
- Within 20 minutes of quitting, blood pressure returns to normal.
- After 2 weeks of no smoking, heart attack risk begins to drop.

Limit Alcohol

- Too much alcohol can raise blood pressure.
- Men should have no more than 2 drinks a day, and women should have no more than 1.

BASICS

Blood pressure is the pressure in the arteries that is caused by the blood. High blood pressure can narrow and weaken your arteries which will decrease blood flow throughout the body leading to heart attacks, strokes, or kidney failure.

Healthy blood pressure is 120/80 and lower. Low pressure is less than 90/60. High blood pressure is 140/90 and above.

The first number is the pressure in your arteries when the heart is pumping blood through them. The second number is the pressure in your arteries when the heart is relaxing.

Summary

- ✓ Eat healthy
- ✓ Stay active
- ✓ Stop smoking
- ✓ Drink less alcohol