

# 7 WAYS

## to Prevent High Blood Pressure

Perhaps you have family members who've had high blood pressure. Or maybe your doctor noticed your blood pressure was a little high at your last visit.

No matter where you are in your health journey, you can begin to take steps today to lower your blood pressure and improve your heart health.

1

### EAT A HEALTHY DIET

Focus on fruits and vegetables, lean meats, fish, whole grains, low-fat dairy, beans, nuts and seeds. Limit fatty meats, full-fat dairy, and sugary drinks and desserts. If you need help with your diet, talk to your doctor.

2

### CONSUME LESS SALT

When you're managing high blood pressure, salt intake is key. As best you can, avoid pre-packaged and canned foods and limit restaurant dining. Plus, consider removing your salt shaker from the table so you aren't tempted.

3

### GET MOVING

The human body wasn't meant to be still. Try to get at least 30 minutes a day of moderate exercise five days a week. This can be brisk walking, bicycling, dancing, swimming — whatever makes you feel good!

4

### MAINTAIN A HEALTHY WEIGHT

Being overweight or obese increases your risk for high blood pressure. But the good news is that by taking the steps above, you're already doing the right things for your weight.

5

### DON'T SMOKE

Smoking increases your blood pressure and puts you at risk for a lot of other health conditions, too. If you smoke and are ready to quit, your doctor can help you get the resources you need.

6

### LIMIT ALCOHOL

If you don't drink, don't start. But if you're a regular drinker, cutting back can help your blood pressure. Men should drink fewer than two drinks per day, and women shouldn't have more than one alcoholic drink a day.

7

### GET YOUR SHUT-EYE

Sleep is essential to a healthy heart. (Bonus: It's good for your whole body and your mood, too.) Aim for as close to 8 hours a night as you can.

