

# Take Steps—Healthy Habits To Lower High Blood Pressure!

## To prevent high blood pressure:

### 1. Maintain a healthy weight.

Try not to gain extra weight. Lose weight if you are overweight. Try losing weight slowly, about 1 to 2 pounds (0.45 to 0.91 kilogram) each week until you reach a healthy weight.



### 2. Be active every day for at least 30 minutes.

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



### 3. Eat less salt and sodium.

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

### 4. Eat more fruits and vegetables, whole-grain breads and cereals, and fat-free or low-fat milk 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:

- Maintain a healthy weight.
- Be physically active every day for at least 30 minutes.
- Eat fewer foods and sauces high in salt and sodium.
- Eat more fruits and vegetables, whole-grain breads and cereals, and fat-free or low-fat milk products.
- Cut back on alcoholic beverages.

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

### 3. Have your blood pressure checked often.

