



## **ACTION ITEMS TO HELP LOWER YOUR BLOOD PRESSURE**

### **Maintain a Healthy Weight**

- Check with your health care provider to see if you need to lose weight
- If you do, lose weight slowly using a healthy eating plan and engaging in physical activity

### **Be Physically Active**

- Engage in physical activity for total of (30) minutes on most days of the week.
- Combine everyday chores with moderate-level sporting activities, such as walking, to achieve your physical activity goals.

### **Follow a Healthy Eating Plan**

- Set up a healthy eating plan with foods low in saturated fat, total fat and cholesterol and high in fruits, vegetable and low fat dairy foods such as the DASH eating plan.
- Write down everything you eat and drink in a food diary. Note areas that are successful or need improvement.

### **Reduce Sodium in Your Diet**

- Choose foods that are low in salt and other forms of sodium.
- Use spices, garlic and onions to add flavor to your meals without adding more sodium.

### **Drink Alcohol Only in Moderation**

- In addition to raising blood pressure, too much alcohol can add unneeded calories to your diet.
- If you drink alcoholic beverages, have only a moderate amount – one drink a day for women and two drinks a day for men.

### **Take Prescribed Drugs as Directed**

- If you need drugs to lower your blood pressure, you still must follow the lifestyle changes mentioned above.
- Use notes and other reminders to help you remember to take your drugs. Ask your family to help you with reminder phone calls and messages.