



NATURAL WAYS TO LOWER YOUR BP



High blood pressure (BP) is common and dangerous, but there are lifestyle changes you can make to keep your numbers under control.

OPT FOR THESE BP-REDUCING FOODS:

- Vegetables
- Fruits
- Whole grains
- Fish
- Poultry
- Beans
- Nuts



AVOID OR LIMIT UNHEALTHY FOODS, SUCH AS:

- Sugary beverages
- Saturated and trans fats
- Tropical oils (like coconut and palm)
- Full-fat dairy
- Fatty meats
- High-sodium foods (aim for less than 1,500 mg of sodium a day to drive down your BP)



GET ENOUGH EXERCISE BY DOING:

- Muscle-strengthening exercises at least twice a week
- Either 75 minutes of vigorous activity per week, or at least two and a half hours a week of these kinds of moderate-intensity exercises:
 - Brisk walking
 - Bicycling
 - Doing water aerobics
 - Playing doubles tennis
 - Pushing a lawn mower



MAKE OTHER HEALTHY CHOICES:

- Get at least seven hours of sleep a night
- Limit alcohol consumption to no more than two drinks a day (men) or one drink a day (women)
- Quit cigarettes, and stay away from secondhand smoke



ASK THE DOC

Talk with your health care provider if managing blood pressure without medication is possible for you. Even if you do need to take medication, you can still benefit from these strategies.