

# Give Your Heart a Tune-Up

## 10 Ways to Lower Your Blood Pressure and Keep It Down

\* Before starting an exercise program, be sure to speak with your healthcare provider about what programs are safe for you.

### Get Moving

- Aim for 3-4 (40 min sessions) per week of moderate-to-vigorous intensity physical activities.\*
- Exercise can lower blood pressure, improve mood, reduce stress and help with weight loss and flexibility.

### Stop smoking

- Tobacco use is bad for your health and may increase your blood pressure.
- Ask your pharmacist how they can help you stop smoking today.

### Nix the salt

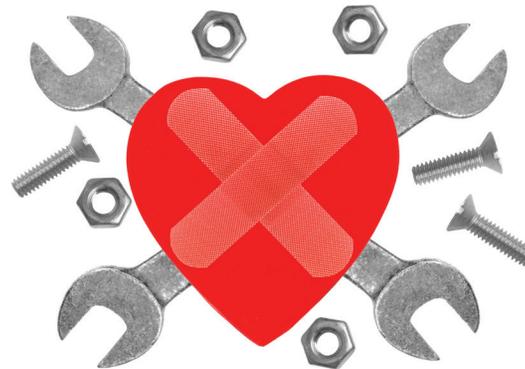
- Too much salt in your diet can increase your blood pressure.
- Ideally, sodium intake should be no more than 1,500 mg per day, which is associated with the greatest reduction in blood pressure.

### Reduce and manage stress

- Reducing and managing stress can help to lower your blood pressure.
- Here are some tips to help manage stress and anxiety:
  - Get enough sleep
  - Take deep breaths
  - Talk to someone

### Eat healthy

- Focus on lowering your salt intake and include the following in your diet:
  - Fruits and vegetables
  - Whole grains
  - Fat free or low-fat milk products
  - Lean meats, poultry and fish
  - Foods low in trans fat, saturated fats and cholesterol



### Limit alcohol intake

- Drinking too much alcohol raises your blood pressure.
- If you drink alcohol, try to limit your drinking to:
  - No more than two drinks per day (men less than 65 years of age)
  - One drink per day (all women and men 65 years of age or older)

### Monitor blood pressure

- Measure your blood pressure twice daily.
- Measure in the morning before eating or taking any medications and again in the evening.

### Lose weight

- Losing weight can help you control your blood pressure and lower your risk of related health problems.
- Aim for a loss of 1 to 2 pounds per week.

### Take medications as directed

- The medications you are prescribed will depend on a variety of factors.
- Be sure to discuss any problems you may have with your doctor and pharmacist.

### Limit caffeine intake

- Caffeine may increase blood pressure.
- If you have high blood pressure, talk to your doctor or pharmacist about whether you should stop or limit your caffeine intake.