



Preventing Heart Disease

Steps You Can Take To Lower Your Blood Pressure:

- ❖ Lose excess weight. Losing even 5 to 10 pounds can reduce blood pressure.
- ❖ Get more physical activity. Exercise for at least 30 minutes a day, most days of the week.
- ❖ Eat less salt. Instead use salt substitutes and other herbs and spices, and don't add salt at the table or when cooking.
- ❖ Eat a healthy diet that includes lots of fruits, vegetables and whole grains. Limit saturated fats, trans fats and cholesterol.
- ❖ If you drink alcohol, limit your intake to 10 ounces of wine, 24 ounces of beer, or 2 ounces of liquor, or less, a day.
- ❖ Don't smoke cigarettes or use tobacco products. Avoid second-hand smoke.
- ❖ Cut down on or avoid caffeine.
- ❖ Do not stop or adjust your medicines without first talking with your health care practitioner, even if you feel well.
- ❖ Decrease your stress. Try meditation or other known relaxation techniques to help reduce your blood pressure.