

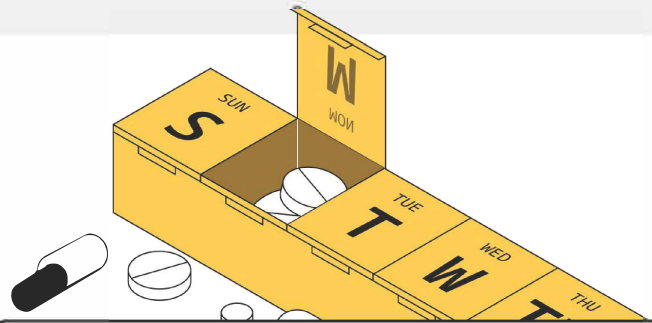
Powerful Daily Habits to Lower Your Blood Pressure

Controlling high blood pressure helps prevent health complications, like stroke or heart attack. Most people need healthy habits and medicine to lower blood pressure.



Eat less salt or “sodium”

Aim for less than 1 teaspoon or 1,500 mg of sodium daily. Instead of salt, use garlic, onion, lemon, or pepper.



Take your blood pressure medicines as instructed

Use a pillbox or phone alarm to remember.



Eat heart-healthy foods

Drink less alcohol

No more than 1 drink for women and 2 drinks for men each day.



Stay active

Aim for 3 or more hours each week. Try a fun activity with a friend, like fast walking, line dancing, basketball, gardening, or Filipino martial arts.

Aim to keep a healthy weight



Keep Learning about High Blood Pressure

bit.ly/lahealth_bp

- Contact your doctor's office
- Ask for patient education resources like customized handouts and videos



This project is funded by the National Institutes of Health (NIH) and was developed in partnership with RAND. NINR HL015402

