



WELL-BEING
AWARENESS



Worrying only makes hypertension worse

Worrying about your blood pressure can help contribute to the problem. Instead of stressing over your numbers, get informed on steps you can take to help lower your blood pressure, prevent hypertension and keep your body functioning at its best.

Take small steps to achieve better heart health
with the Daily Habits tool.

[GET STARTED](#)

Watch your weight

Weight loss is one of the most effective ways of controlling your blood pressure. If you're overweight, losing even a small amount of weight can help reduce your blood pressure.

Read labels closely

Watch out for salt hiding in your food. Read nutrition labels and aim to eat no more than 1,500 milligrams per day. Be wary of high-salt foods like cold cuts, soup, bread, poultry and pizza.

Start an activity

Start a garden, sign up for a dance class or go for walks on your lunch break. If you're active for at least 30 minutes most days of the week, you can help lower your blood pressure.

Nourish your body

Eating plenty of whole grains, fruits, vegetables and low-fat dairy products can help you maintain a healthy blood pressure.

Know your numbers

You should get screened for high blood pressure if you are age 18 or over. Starting at age 40, or if you are at an increased risk for high blood pressure, you should get it checked every year.

Contact your healthcare provider for more information about being screened for high blood pressure.



SOURCES

Mayo Clinic: "10 ways to control high blood pressure without medication"
Harvard Health Publishing: "6 simple tips to reduce your blood pressure"

Mayo Clinic: DASH diet: Healthy eating to lower your blood pressure"
U.S. Preventive Services Task Force: "High Blood Pressure in Adults: Screening"

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July 2019