



***His Branches
Health Services***

Lifestyle and High Blood Pressure

Blood pressure is the force created when your heart pumps blood into your blood vessels. When blood pressure goes too high it can put you at risk for heart disease, kidney failure, and stroke. Treating High Blood Pressure (Hypertension) is important to help your heart and kidneys. Sometimes people need to take medication to help manage blood pressure along with lifestyle changes.

Blood Pressure Rating	Systolic (top number)	Diastolic (bottom number)
Optimal	<120	<80
Pre High Blood Pressure	120-139	80-89
Stage 1 High Blood Pressure	140-159	90-99
Stage 2 High Blood Pressure	≥ 160	≥ 100

Lifestyle changes that may help lower your blood pressure:

- 1. Lose weight:** If you are overweight, weight loss may help lower your blood pressure. Weight loss of 10 pounds (or 5-10% of body weight) can help improve blood pressure.
- 2. Physical activity:** 30 minutes of moderate activity most days, start slow and build up as you go.
- 3. Limit sodium:** Aim for less than 2300 mg of sodium daily. Limit the salt you add at the table, read food labels, and eat fewer processed foods.
- 4. DASH, or Dietary Approaches to Stop Hypertension (High Blood Pressure):** This diet focuses on eating a variety of fruits and vegetables, whole grain foods, lean meats, nuts, and low fat dairy products.
- 5. Limit alcohol:** Drinking more than 2 alcoholic drinks per day for men and 1 alcoholic drink per day for women can raise blood pressure.

Contact your health care provider for more information.