

# LOWER YOUR BLOOD PRESSURE

## ONE DAY AT A TIME. ONE CHOICE AT A TIME

- **Regular exercise** (30 min daily preferred) walk, bike, swim, join classes in your local community, join social media fitness groups designed for your activity level and interest.
- **Eat nutrient rich foods:** that are high in whole grains, fruits, vegetables and low-fat dairy products
- **Reduce your sodium.** Even if it's little by little. Daily recommended value is 2,300 mg so check your food labels for how much sodium it holds and what equals 1 serving size.
- **Use salt alternatives.** Salt substitutes like "No Salt" and "Nu Salt" which use potassium chloride should only be used after talking with your doctor. Use things like herbs and spices and other things like: cilantro, vinegar, lime juice, garlic, dill, smoked paprika, rosemary, coriander or unsalted broth
- Limit Alcohol consumption
- Limit caffeine consumption: If you need a morning pick me up take a short walk to get your blood flowing and take your daily multi vitamin to help with your natural energy boosters like Vitamin B, Vitamin D and Iron
- **Reduce Stress:** Begin and end your day with a stress reliever like meditation, stretching, and calm breathing. Choose positivity and let that be your daily focus rather than being upset. Only focus on the things you can control and let the rest go. Set time aside to do something you genuinely enjoy because happiness reduces stress and breeds positivity.
- Quit smoking
- **Monitor your blood pressure** regularly so you can have an idea of where you usually are and times when you need to lower it
- Gain better sleeping habits
- It takes about one month to start seeing the changes in your readings so be sure to stay consistent in your daily eating habits and exercise to see results.