



Action Guide to Help



Lower Your Blood Pressure

1 Maintain a healthy weight

Check with your healthcare provider to see if you need to lose weight.

If you do, lose weight slowly using a healthy eating plan and engaging in physical activity.



2 Be physically active

Engage in physical activity for a total of 30 minutes on most days of the week. Combine everyday chores with moderate-level sporting activities, such as walking, to achieve your physical activity goals.



3 Follow a healthy eating plan

Set up a healthy eating plan with foods low in saturated fat, total fat, and cholesterol, and high in fruits, vegetables, and lowfat dairy foods such as the Dietary Approaches to Stop Hypertension (DASH) diet.

Write down everything that you eat and drink in a food diary. Note areas that are successful or need improvement.

If you are trying to lose weight, choose an eating plan that is lower in calories.



4 Reduce sodium in your diet

Choose foods that are low in salt and other forms of sodium. Use spices, garlic and onions to add flavor to your meals without adding more sodium.



5 Drink alcohol only in moderation

In addition to raising blood pressure, too much alcohol can add unneeded calories to your diet.

If you drink alcoholic beverages, have only a moderate amount—one drink a day for women, two drinks a day for men.



6 Take prescribed drugs as directed

If you need drugs to help lower your blood pressure, you still must follow the lifestyle changes mentioned above.

Use notes and other reminders to help you remember to take your drugs.



Ask your family to help you with reminder phone calls and messages.

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