



# Preventing Heart Disease

## Steps You Can Take To Lower Your Blood Pressure:

- ❖ Lose excess weight. Losing even 5 to 10 pounds can reduce blood pressure.
- ❖ Get more physical activity. Exercise for at least 30 minutes a day, most days of the week. Speak with your health care provider before beginning any exercise program.
- ❖ Eat less salt. Instead use salt substitutes and other herbs and spices, and don't add salt at the table or when cooking.
- ❖ Eat a healthy diet that includes lots of fruits, vegetables and whole grains. Limit saturated fats, trans fats and cholesterol.
- ❖ Learn to read food labels to help choose the foods that are good for you. You can call your county extension agent or ask your provider for help about reading food labels.
- ❖ If you drink alcohol, limit your intake to 10 ounces of wine, 24 ounces of beer, or 2 ounces of liquor, or less, a day.
- ❖ Don't smoke cigarettes or use tobacco products. Avoid second-hand smoke.
- ❖ Cut down on or avoid caffeine.
- ❖ Do not stop or adjust your medicines without first talking with your health care practitioner, even if you feel well.
- ❖ Decrease your stress. Try meditation or other known relaxation techniques to help reduce your blood pressure.
- ❖ You may want to make some changes to your lifestyle, but are afraid or don't know how. Talk to your health care provider about changing your habits.