

Lifestyle Changes Can Lower High Blood Pressure

If you have high blood pressure, your doctor may prescribe medicine and ask you to make changes to your lifestyle. Lifestyle changes can lower high blood pressure, and are just as important as taking medicine. Lowering high blood pressure can help you live a longer, healthier life!

To control your blood pressure, follow these helpful tips:

- ✓ Always follow your doctor's orders and stay on your medicine.
- ✓ Do not stop taking your medicines without first talking to your doctor or pharmacist.
- ✓ Eat a healthy diet that is low in sodium (salt), total fat, saturated fat and cholesterol.
- ✓ Eat lots of fresh fruits and veggies.
- ✓ Don't smoke. If you do smoke, try to quit right away!
- ✓ Be more active! Listed below are some examples of ways you can be more active.



Ways to Be More Active

Being more physically active can help lower your blood pressure. Making just small changes can add up over time and make a big difference. Try making these some of these changes*:

- Take the stairs instead of the elevator.
- Add short 10 to 15 minute walks to your day.
- Play with your children outside.
- Park your car farther away to get some extra exercise.
- Try walking around a nearby mall on rainy days.
- Wake up 30 minutes earlier in the morning, and start your day with exercise.



If I want to learn more about nutrition and exercise or how to stop smoking, call our Member Services at (800) 578-0603 (TTY: 711).

**Talk with your doctor before starting any exercise program.*

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Source: www.cdc.gov/bloodpressure/control.htm, www.acsm.org