

Lifestyle Tips to Lower Blood Pressure

- Take your medicine if your doctor says to
- Be active for 20 minutes a day
- Eat fruits, veggies, and lean protein
- Use less salt and drink less alcohol
- Don't smoke
- Sleep 7-8 hours and manage stress



Why It Matters

High blood pressure can cause heart, kidney, and vision problems - or a stroke.

Reminders

High blood pressure often has no symptoms.

- Check your blood pressure often
- See your doctor every year

For more information
scan the QR code.

