

GETTING STARTED WITH LOWERING BLOOD PRESSURE

KNOW YOUR NUMBERS.

Make an appointment with your provider to check your blood pressure.



EAT MORE:

Vegetables, Fruits, Nuts and seeds, Olive or avocado oil, Avocados, Whole grains, Beans and legumes, Fish, Chicken and poultry (without skin), Low or non-fat dairy

EAT LESS:

Salt, Foods high in sodium, Butter and full fat dairy, Lard, Red meat, Fried foods, Baked goods (muffins, cakes, croissants, cookies, etc), Coconut and palm oils, Added sugars (sweetened beverages, candy), Alcohol

AVOID/EAT SPARINGLY:

Shortening, Processed Meat



GET ENOUGH SLEEP

Get 7-9 hours of sleep per night
See a provider if you have trouble sleeping or snore

MANAGE YOUR STRESS

Find ways to cope with stress
See a therapist if stress is unmanageable

MOVE YOUR BODY

150 minutes or more/week of moderate or vigorous activity.
Move for at least 5 minutes every hour.



MONITOR YOUR BLOOD PRESSURE

Measure and track your blood pressure as directed by your provider.

GET HELP!

In addition to your primary care provider, a health coach and fitness coach can help round out your heart healthy team.

