

# 10 WAYS TO PREVENT & CONTROL HIGH BLOOD PRESSURE

## KNOW YOUR NUMBERS.

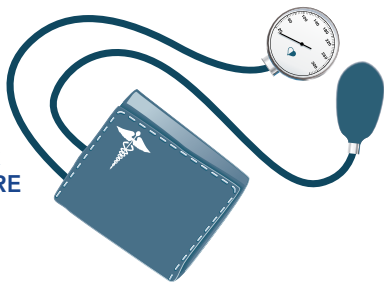
**NORMAL BLOOD PRESSURE:** Less than 120/80

**AT RISK FOR HIGH BLOOD PRESSURE :** 120/80 to 139/89

**HIGH BLOOD PRESSURE:** 140/90 or higher (150/90 for ages 60 and older)

A single high reading may not mean that you have high blood pressure. But if you get your blood pressure checked at a screening or drugstore and your numbers are high, tell your health care provider.

## MONITOR YOUR BLOOD PRESSURE



## KNOW YOUR RISK FACTORS.

- Being overweight or obese.
- Smoking.
- Little or no exercise.
- Too much salt in the diet.
- Drinking too much alcohol.
- Stress.
- Ethnic background.
- Family history of high blood pressure.

## IF YOU SMOKE, MAKE A PLAN TO QUIT.



# Eat Less



**LIMIT SALT & SODIUM  
AND EAT POTASSIUM-  
RICH FOODS.**

**FOLLOW A HEART-  
HEALTHY EATING  
PLAN**



**MAINTAIN A HEALTHY  
WEIGHT.**



**BE MORE ACTIVE.**



**LIMIT ALCOHOL.**



**SEE YOUR HEALTH  
CARE PROVIDER**

