

Good for the Neighborhood

Supported by the INDEPENDENT HEALTH FOUNDATION

Lower Your Blood Pressure

There are many natural ways you can lower your blood pressure without a prescription. Use the ideas below and see if you notice a difference in your blood pressure and how you feel.

1.

GO ON REGULAR POWER WALKS

Regular exercise – at least 30 to 60 minutes most days of the week – can lower your blood pressure.



2.

CUT BACK ON CAFFEINE

Some people's blood pressure is more sensitive to caffeine than others. Try limiting how much you have and help your body keep a healthy and balanced blood pressure.

3.

Nutrition Facts	
Serving Size 3 oz (1 fl oz)	
Amount Per Serving	
% Daily Value*	
Total Fat	100%
Sodium	100%
Total Carbohydrate	100%
Dietary Fiber	100%
Sugars	100%
Protein	100%
Vitamins	100%
Minerals	100%
Other nutrients	100%

REDUCE YOUR SODIUM INTAKE

Limit sodium to 2,300 mg a day or less. Start by reading your food labels and cutting back on processed foods such as potato chips, frozen dinners and processed lunch meats.

4.

REDUCE YOUR STRESS

Stress and anxiety can increase blood pressure. Try getting rid of the things that cause you stress, or find healthy ways to deal with stress. Relax by listening to music, exercising, yoga, painting or reading.



Notes:
