

Tips to Prevent High Blood Pressure



High blood pressure (hypertension) is blood pressure that is higher than normal.¹ Your blood pressure changes throughout the day based on your activities. A diagnosis of high blood pressure means consistent readings are above normal.

The higher your blood pressure, the more risk you have for other health problems, such as heart disease, heart attack, and stroke.

High blood pressure usually has no warning signs or symptoms. By following these tips,² you can help keep your blood pressure under control and avoid high blood pressure.



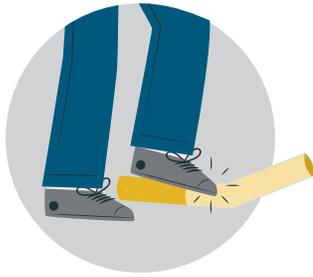
Get Moving!

- Physical activity can help lower your blood pressure, blood cholesterol, and blood sugar levels.
- Try to do some form of physical activity that you enjoy every day (ideally 20-25 minutes of activity every day). Remember, dancing in the kitchen counts!
- Children and teenagers should try to get 1 hour of physical activity every day.
- Look for ways to increase your activity levels, like taking a walk after dinner instead of watching TV or by doing another activity you enjoy.



Eat Nutritious Foods

- Look for ways to make nutritious food choices like more fruits, vegetables, whole grains, lean meats, and low-fat dairy products.
- Try to reduce your salt intake, saturated fats, and added sugars. It may take a while to get used to, but making small changes can have a big impact.
- Drink, drink, drink water instead of sugary drinks. If you drink alcohol, drink in moderation.
- Encourage your family to do the same!



Quit Smoking

- If you don't smoke, don't start. If you do smoke, quitting will lower your blood pressure and reduce your risk of getting heart disease.
- Call 1-800-QUIT-NOW for free support. You can do it!



Get Enough Sleep

- Getting enough sleep is important to your overall health and keeping your heart and blood vessels healthy.
- Try to have a nightly routine to help you wind down before you go to sleep and stick to a set bedtime.



Monitor Blood Pressure³

- Measuring your blood pressure is quick and painless.
- You can get your blood pressure measured by your healthcare provider, at a pharmacy, or with a home blood pressure monitor that you can use yourself.

Visit [Bridgetohealth.com](https://www.bridgetohealth.com) to find out more and connect to local programs and services



Bridge to Health is a community partnership program brought to you by Quest Diagnostics.



¹ High Blood Pressure Symptoms and Causes. Centers for Disease Control and Prevention website. Reviewed May 18, 2021. Accessed July 14, 2021. <https://www.cdc.gov/bloodpressure/about.htm#hypertension>.

² Prevent High Blood Pressure. Centers for Disease Control and Prevention website. Reviewed February 24, 2020. Accessed July 14, 2021. <https://www.cdc.gov/bloodpressure/prevent.htm>.

³ Measure Your Blood Pressure. Centers for Disease Control and Prevention website. Reviewed November 30, 2020. Accessed July 14, 2021. <https://www.cdc.gov/bloodpressure/measure.htm>.