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Lifestyle tips to manage your blood pressure

Healthy choices matter

We've all read the headlines. A life filled with healthy choices does your body — and blood pressure — good. In fact, you may be able to cure high blood pressure with lifestyle changes alone.

How to get started

You can take steps today to manage your blood pressure.

Here are the basics:

- Getting regular exercise
- Staying at a healthy weight
- Quitting smoking
- Easing stress

Let's walk through some healthy tips together.

Move around

Exercise is for everyone, whether or not you need to lose weight. It widens your arteries, which eases blood flow.

So aim for physical activity at least 5 days a week, 30 minutes each time.

Fill up on healthy foods

We all have cravings. But to keep your pressure down, try filling up on fruits, vegetables and whole grains instead. And eat fewer foods high in fat, cholesterol and salt.

Think before a drink

If you drink alcohol, go for small amounts. For men, that's no more than two drinks per day. And for women, that's no more than one.

Examples of one drink include 12 ounces of beer or 4 to 5 ounces of table wine.

Say no to smoking (and stress)

Quitting smoking is one of the best things you can do to beat high blood pressure.

And while we can't always "quit stress," we can take steps to reduce it. This can lower blood pressure, too.

Your doctor is your best resource

He or she can work with you to control your blood pressure — whether it's discussing lifestyle changes or medicine options.

So keep up with your regular checkups. Your doctor can help you stay on track.



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