



# OUR TOP 10 TIPS FOR HEALTHY BLOOD PRESSURE



**Keep your weight healthy:** just doing this can help bring down high blood pressure



**Exercise regularly:** aim for an average of around 30 minutes a day. For the exercise to be worthwhile, you need to feel warmer, breathe harder, and your heart needs to beat faster than it normally does



**Eat plenty of fruit and/or vegetables** every day. Eat vegetables raw or lightly steamed, rather than boiled, to get maximum nutrition. Avoid frying



**Add beetroot to your diet:** regular consumption of beetroot juice has been found to help bring down your blood pressure



**Cut down on salt:** don't forget a lot of salt is hidden in processed foods and is very high in most breads, cereals, soups and sauces. If possible, always read the label



**Cut down on fat and sugar:** always check the label, and be especially wary of hydrogenated or 'trans' fats, as well as sugars 'hidden' as other names such as sucrose, dextrose, fructose, and glucose in e.g. fruit juices and fizzy drinks



**Stop smoking tobacco!** Your arteries clog up even faster if you smoke and this causes many other health problems. Your blood pressure actually rises while you smoke



**Reduce your caffeine intake** — and remember caffeine is found in some fizzy drinks as well as in coffee and tea



**Don't drink too much alcohol:** stick to local daily recommendations – usually less than 2 drinks for men and 1 for women (1 drink = small beer or wine)



**Relax:** stress contributes to raising blood pressure. So, avoid stress where possible and allow time for relaxation. This can take many forms such as quiet time, socialising, exercising or laughter

## Thank you for taking part in May Measurement Month

For further information, visit [www.maymeasure.com/public-info](http://www.maymeasure.com/public-info)  
If you have concerns about any of the above, please seek advice from a trained medical professional

**A SIMPLE MEASURE TO SAVE LIVES**  
**#checkyourpressure**



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May Measurement Month is an initiative led by the International Society of Hypertension and endorsed by the World Hypertension League

