



# Manage Your Blood Pressure

What is High Blood Pressure? Generally, a systolic measure of  $>130$  and diastolic measure of  $>80$  is considered high.

When left untreated, this can then lead to atherosclerosis or hardening of the arteries, which causes damage to the major organs.

## TIPS FOR MANAGING BLOOD PRESSURE:



**EXERCISE**  
30 min  
5x/week



**AVOID  
SMOKING**



**BALANCED  
DIET**  
Limit Sodium  
& Alcohol



**MAINTAIN A  
HEALTHY  
WEIGHT**



**MANAGE  
STRESS**