

# Tips that Count

Wellness information for your journey to a healthier you!

## Manage Your Blood Pressure

The best thing you can do to lower your risk of heart attack and stroke is control your blood pressure. Medication is only one option. These tips can help you see results in just a few weeks.

**Stop smoking.** The nicotine in a single cigarette is potent enough to raise blood pressure levels above normal. Stopping will also lower your risk of cancer and cardiovascular diseases.

**Shed excess pounds.** Losing as little as 10 pounds can lower your blood pressure. Start by cutting just 200 to 300 calories from your diet each day—about the equivalent of saying “no” to two chocolate chip cookies.

**Exercise regularly.** Find ways to add more physical activity to your daily routine; use the stairs instead of the elevator, take a walk instead of watching TV. Aim for at least 30 minutes of planned physical activity 5 days a week.

**Cut back on salt.** When eating out, ask for less salt in your meal, lower-sodium alternatives, and the sauces on the side. Aim for 1,500 mg of sodium a day, and try to choose foods that have 200 mg or less of sodium per serving.



All information is intended for your general knowledge only and is not a substitute for medical advice or treatment for specific medical conditions. You should seek prompt medical care for any specific health issues and consult your physician before starting a new fitness regimen.