

# 8 Ways to Control Your Blood Pressure

May is National Blood Pressure Education Month, the perfect time to explain why controlling blood pressure is crucial for maintaining good health. Here are 8 simple methods that you can follow to reduce the risk of complications associated with high blood pressure:

## 1. Follow a healthy diet

A healthy diet rich in fruits, vegetables, whole grains, lean protein, and low-fat dairy can help control blood pressure.

## 3. Exercise regularly

Regular physical activity can help lower blood pressure by strengthening the heart and reducing the amount of work it has to do. Aim for at least 30 minutes of moderate-intensity exercise most days of the week, such as brisk walking, cycling, or swimming.

## 5. Monitor your bp at home/ get regular check-ups

Regular visits with your provider or at-home monitoring can help to control any blood pressure issues that may arise or develop.

## 7. Quit smoking

Smoking can increase blood pressure and damage the blood vessels. Quitting smoking can lower blood pressure and reduce the risk of heart disease, stroke, and other health problems.

## 2. Stick to a regular sleep schedule

Going to bed and waking up at the same time each day can decrease your risk of developing hypertension.

## 4. Manage stress

Chronic stress can contribute to high blood pressure. Therefore, managing stress through relaxation techniques such as deep breathing, meditation, or yoga can help control blood pressure.

## 6. Limit alcohol and caffeine.

Drinking too much alcohol or caffeine can raise blood pressure. You should limit alcoholic and caffeinated beverages such as coffee, tea, and soda.

## 8. Reduce your sodium intake

Most people consume twice the recommended amount of salt per day, around 9-12 grams. Consuming less than 5 grams (about 1 tsp) of salt per day can help to reduce blood pressure and the risk of cardiovascular disease, stroke, and coronary heart attack.