

# Managing your **Blood Pressure** on a Regular Basis

Lower your risk for problems from high blood pressure, such as heart disease and stroke, by taking steps such as preventing and treating other medical conditions.

*Get screened.  
Know your numbers.*



## **Eat a Healthy Diet**

Choose healthy meal and snack options to help you avoid high blood pressure and its complications. Be sure to eat plenty of fresh fruits and vegetables.

## **Keep yourself at a Healthy Weight**

Being overweight or obesity means your heart must work harder to pump blood and oxygen around the body. Staying at a healthy weight reduces the stress on your heart and reduces your risk for heart disease, heart attack, and stroke.

## **Be Physically Active**

Staying physically active is one of the best things you can do for your health. Physical activity helps keep your heart and blood vessels strong. It also can help you keep a healthy weight.

## **Do not smoke**

Smoking damages your blood vessels and greatly increases your risk of not only high blood pressure but also heart disease, heart attack, and stroke.



## 1 in 3 people have high blood pressure

Talk with your WeChampion Nurse about eating a variety of foods rich in potassium, fiber, and protein and lower in salt (sodium) and saturated fat. For many people, making these healthy changes can help keep blood pressure low and protect against heart disease and stroke.