

What Can I Do to Improve My Blood Pressure?

ANNIN MILLION	Modification	Recommendation	Approximate SBP Reduction Range
A CONTRACT OF A	Lose weight	Maintain normal body weight (BMI=18.5-24.9 kg/m²)	5 mm Hg
"HILLING			
	Follow the DASH eating plan	Diet rich in fruits, vegetables, low-fat dairy and reduced in fat	11 mm Hg
"HILLING STATE			
	Reduce sodium intake	<1500 mg of sodium per day, but aim for at least a 1,000 mg reduction in most adults.	5-6 mm Hg
A A A A A A A A A A A A A A A A A A A			
	Physical activity	Be more physically active. Aim for at least 150 minutes of moderate-intensity aerobic exercise per week.	5-8 mm Hg
ALIMAN AND AND AND AND AND AND AND AND AND A			
Contraction of the second seco	Moderate consumption of alcohol	No more than 2 drinks/day for men and 1 drink/day for women	4 mm Hg
"HUHHHAND	BP = Blood pressure, BMI = Body	mass index, SBP = Systolic blood pressure, DASH = I	Dietary Approaches to Stop Hypertension

© Copyright 2024 American Heart Association, Inc., a 501(c)(3) not-for-profit. All rights reserved. Unauthorized use prohibited. WF538775 5/24