

## **How to Lower Your Blood Pressure Lifestyle Tips**

How you live your life can make a big difference to your high blood pressure. By making healthy choices, you might not even need to take medicine for your blood pressure. Here are some changes you can make to lower your blood pressure and keep it down.



### **Eat Healthy Food**

- Eat lots of fruit and vegetables, low-fat dairy products, and whole grains.
- Leafy green vegetables and beets are especially good for lowering blood pressure.
- Other healthy food choices include avocados, nuts, seeds, and legumes like kidney beans or lentils.

### **Use Less Salt**

- Use less salt when you're making food. And add less salt when you're at the table. Aim for less than 2,000 mg (less than 1 teaspoon) of salt every day.
- Avoid fast food and processed food—like frozen meals, cookies, and potato chips—which contain lots of salt.

### **Reduce Alcohol**

- Consider cutting out alcohol completely. If you do drink alcohol, keep it to less than 2 drinks per day and plan for a few non-drinking days each week.
- One drink means: beer 341 ml (12 oz), wine 142 ml (5 oz), cider 341 ml (12 oz), spirits 43 ml (1.5 oz).

### **Be Active**

- Be active for 30 to 60 minutes, at least 5 days per week.
- Walking, jogging, cycling, or swimming are all good choices.
- Strength training (like lifting weights) can also help lower your blood pressure. Aim for 2 to 3 days each week.

### **Other Important Tips**

- Lose weight if you need to.
- If you smoke, stop.
- Meditation or deep breathing exercises can help reduce stress levels.

### **Talk to your health care provider about how and why to make these changes in your life.**

**Sources:** **1)** Rabi DM, McBrien KA, Sapir-Pichhadze R, et al. Hypertension Canada's 2020 comprehensive guidelines for the prevention, diagnosis, risk assessment, and treatment of hypertension in adults and children. *Can J Cardiol.* 2020;36:596-624. PMID 32389335; **2)** Unger T, Borghi C, Charchar F, et al. 2020 International Society of Hypertension global hypertension practice guidelines. *J Hypertens.* 2020;38:982-1004. PMID 32371787.; **3)** Hypertension Canada. *Understanding and managing your blood pressure*; 4) *Canada's low-risk alcohol drinking guidelines.* Canadian Centre on Substance Abuse and Addiction. 2018.

