



International  
Society of  
Hypertension

MAY  
MEASURE  
MONTH

## OUR TOP TIPS FOR HEALTHY BLOOD PRESSURE

MayMeasure.org



**MAINTAIN A HEALTHY WEIGHT:** Just doing this can help bring down high blood pressure.



**EXERCISE REGULARLY:** Aim for an average of 30 minutes a day. For the exercise to be worthwhile, you need to feel warmer, breathe harder, and your heart needs to beat faster than it normally does.



**EAT PLENTY OF FRUIT AND/OR VEGETABLES EVERY DAY:** Eat vegetables raw or lightly steamed, rather than boiled, to get maximum nutrition. Avoid frying where possible.



**ADD BEETROOT TO YOUR DIET:** Regular consumption of beetroot juice has been found to help reduce your blood pressure.



**CUT DOWN ON SALT:** Reduce your intake of salt. Don't forget a lot of salt is hidden in processed foods and is very high in most breads, cereals, soups and sauces.

If possible, always read the label. Eating a low-fat diet that includes lots of fibre, such as bread, pasta, rice and wholegrains has also been found to help reduce blood pressure.



**CUT DOWN ON FAT AND SUGAR:** Always check the label on foods where possible and be especially wary of hydrogenated or 'trans' fats, as well as sugars 'hidden' as other names such as sucrose, dextrose, fructose, and glucose. These can be commonly found in items such as fruit juices and fizzy drinks.



**STOP SMOKING TOBACCO!** Your arteries clog up even faster if you smoke and this causes many other health problems. Your blood pressure actually rises while you smoke.



**REDUCE YOUR CAFFEINE INTAKE:** Remember caffeine is found in some fizzy drinks as well as in coffee and tea.



**DON'T DRINK TOO MUCH ALCOHOL:** Stick to local daily recommendations – usually less than 2 drinks for men and 1 for women (1 drink = small beer or wine).



**REGULAR CHECK UPS:** Have your blood pressure measured by a trained medical professional regularly.



**RELAX:** Stress contributes to raising blood pressure. So, avoid stress where possible and allow time for relaxation.

Thank you for being part of May Measurement Month. For more information visit [www.maymeasure.org](http://www.maymeasure.org)  
If you have concerns about any of the above, please seek advice from a trained medical professional.

**Sleeves Up. Risk Down!**

**#SLEEVESUP MAY–NOV**



[www.facebook.com/MayMeasure](http://www.facebook.com/MayMeasure)



[@MayMeasureOrg](https://twitter.com/MayMeasureOrg)



[maymeasureorg](https://www.instagram.com/maymeasureorg)

[www.MayMeasure.org](http://www.MayMeasure.org)