6 Ways to Lower Your Blood Pressure

KNOW YOUR NUMBERS
Normal blood pressure is 120/80 or lower. High blood pressure is considered higher than or equal to 130/80. When blood pressure is between 120 to 129, it is considered elevated blood pressure or prehypertension.

MONITOR YOUR BLOOD PRESS
Blood pressure machines or cuffs are available at many pharmacies and are recommended for any patient who has high blood pressure. Record the numbers daily over a period of a few weeks and give them to your doctor.

EXERCISE
Exercising regularly strengthens the heart muscle and helps it to pump with less effort and less strain on your arteries. **150 minutes per week of exercise or for 30 minutes, five days a week.** Running, walking, biking and swimming are great exercise options that can help reduce blood pressure over time.
Stress increases hormones in the blood that cause your heart to beat faster and your blood vessels to narrow. Practicing yoga, meditation and deep breathing exercises; simplifying your schedule; getting plenty of sleep; maintaining a good diet and exercise regimen all reduce stress and high blood pressure.

Many people with hypertension need medication, in addition to lifestyle changes, to control their blood pressure. It is important to follow the proper dosage and instructions with medication and communicate regularly with your doctor.

To learn more, visit: wexnermedical.osu.edu/heart