

# 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.

**120/80**



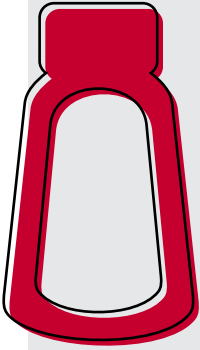
## MONITOR YOUR BLOOD PRESS

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.





## REDUCE SODIUM

**Avoid salty foods** - a high-sodium diet makes it harder for your kidneys to remove water from your bloodstream, raising your blood pressure and strain on your blood vessels due to the excess liquid. A healthier diet can also help you to lose weight, which can help to reduce blood pressure. Losing as little as five to 10 pounds can ease high blood pressure.

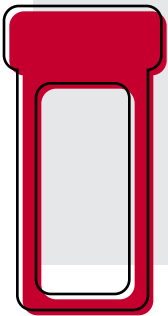
## REDUCE STRESS

Stress increases hormones in the blood that cause your heart 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.



## MEDICATIONS

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](http://wexnermedical.osu.edu/heart)



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