

STAYING HEALTHY

Managing Your High Blood Pressure



EAT A HEALTHY DIET

- Consider the D.A.S.H (Dietary Approaches to Stop Hypertension) eating plan from National Institutes of Health, which has been shown to reduce elevated blood pressure.
- Read food labels. Consume less than 2,300 mg of sodium a day.
- Limit sodium in the foods you eat, especially added salt, processed foods, and canned soups.
- Potassium helps to prevent and control high blood pressure. Choose fruits and vegetables such as potatoes, tomatoes, lima beans, and bananas.
- Learn more about healthy eating and the D.A.S.H. eating plan from the Optima Health “Eating for Life” program.

MAINTAIN A HEALTHY WEIGHT

- Being overweight increases your risk of developing high blood pressure.
- Losing even 10 pounds can lower blood pressure and has the greatest effect for those who are overweight and already have hypertension.

STAY PHYSICALLY ACTIVE

- Being physically active can prevent or control high blood pressure, and reduce your risk of heart disease.
- Your goal should be at least 30 minutes of moderate-level physical activity on most days of the week, like brisk walking, bicycling, raking leaves, and gardening.

LIMIT ALCOHOL INTAKE

- Drinking too much alcohol can raise blood pressure.
- If you drink alcoholic beverages, have only a moderate amount; one drink a day for women, two drinks a day for men. Check with your physician about how your health may be affected by drinking alcohol.

Adapted from NHLBI Your Guide to Lowering High Blood Pressure 2011, <http://www.nhlbi.nih.gov/hbp>; Your Guide to Lowering High Blood Pressure with DASH Eating Plan, 2010, http://www.nhlbi.nih.gov/health/public/heart/hbp/dash/new_dash.pdf; and U.S. Department of Health and Human Services and U.S. Department of Agriculture 2015 - 2020 Dietary Guidelines for Americans, 8th Edition, December 2015. Available at <http://health.gov/dietaryguidelines/2015/guidelines/>.

For more information, visit
optimahealth.com/mylifemyplan

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DON'T USE TOBACCO

- Tobacco use injures blood vessel walls and speeds up artery damage.
- If you use tobacco, quit. Once you quit, your risk of having a heart attack is reduced after the first year.

TAKE YOUR MEDICATION

- If your doctor has prescribed medication for your high blood pressure, make sure you take it every day.

GET REGULAR CHECKUPS WITH YOUR PHYSICIAN

- Visit your doctor regularly to have your weight and blood pressure checked, and to schedule preventive health screenings.

Staying Healthy Programs

For more information, visit wellnessforme.com

Eating for Life

Develop healthy eating and exercise habits

Get Off Your Butt: Stay Smokeless for Life

Quit tobacco to improve your health

Guided Meditation

Experience a retreat from everyday stressors

Healthy Habits Healthy You

Develop habits to prevent diabetes and heart disease

Tai Chi

Learn to mentally and physically relax

WalkAbout With Healthy Edge

Walk your way to better health

Yoga

Stretching and strengthening exercises