1 in 3 Americans have high blood pressure. Left unchecked, it can lead to serious consequences including heart disease, stroke, and eye and kidney damage. Take action by leading a healthier lifestyle to help you reduce your blood pressure.
Know Your Numbers

Two numbers make up your blood pressure reading:

Systolic pressure (the top number) – Measures the pressure when your heart contracts to push blood through your body.

Diastolic pressure (the bottom number) – Measures the pressure when your heart is refilling with blood.

<table>
<thead>
<tr>
<th>Category</th>
<th>Systolic</th>
<th>Diastolic</th>
</tr>
</thead>
<tbody>
<tr>
<td>Normal</td>
<td>Less than 120 and Less than 80</td>
<td></td>
</tr>
<tr>
<td>Elevated</td>
<td>120 – 129 or Less than 80</td>
<td></td>
</tr>
<tr>
<td>Stage 1 Hypertension</td>
<td>130 – 139 or 80 – 89</td>
<td></td>
</tr>
<tr>
<td>Stage 2 Hypertension</td>
<td>140 &amp; above or 90 &amp; above</td>
<td></td>
</tr>
</tbody>
</table>

Take action! Reduce your blood pressure by focusing on 4 key healthy lifestyle changes.

1. **Weight Management**
   Weight management should be the number one goal to reduce high blood pressure.
   - Fat that accumulates around your waist area puts you at high risk for many health issues.
   - A healthy weight can be achieved through a nutritious diet, exercise and reducing unhealthy habits.

2. **Nutrition**
   Nutrition influences your ability to maintain a healthy weight as well as the health of your heart.
   - Add a serving of fruits and vegetables to each of your meals.
   - Limit meat to six ounces per day. Aim to eat lean meats such as poultry and fish.
   - Add more whole grains and beans to your diet.
   - Choose foods and snacks low in sodium. Limit sodium consumption to 1,500 mg/day.

3. **Exercise**
   Exercise improves blood flow and strengthens all of your muscles, including your heart.
   - Discuss an exercise plan with your doctor.
   - Start with 5-10 minutes per day of aerobic activity. Work up to exercising most days, 20-60 minutes per session.
   - Be sure to include muscle strengthening and flexibility exercises at least 2 days each week.
   - Stay active. Avoid being sedentary by getting up and moving as much as you can throughout the day.

4. **Tobacco Use**
   Tobacco use is extremely detrimental to your health, especially the health of your heart.
   - Choose your method of quitting.
   - Set a date to quit.
   - Identify new healthy behaviors to replace tobacco.
   - Seek support by sharing your goal with others.
   - Quit!

Turn to us—we can help.

866.695.8622
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Web: HealthAdvocate.com/members

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