

Ways to Control Blood Pressure

These healthy lifestyle habits can help you control high blood pressure.

HEALTHY EATING

- Limit sodium to less than 2300mg per day.
- Eat at least 5 fruits and vegetables per day.

PHYSICAL ACTIVITY

- Strive for 150 minutes per week of moderate-intensity aerobic exercise.

HEALTHY WEIGHT

- If you are overweight, losing 3 to 5 percent of your weight can lower your risk for health problems.

LIMITED ALCOHOL

- # of drinks daily
 - Women = 1
 - Men = 2
- 1 drink =
 - 12 oz. of beer
 - 5 oz. of wine
 - 1½ oz. of liquor

STRESS MANAGEMENT

- Physical activity
- Listen to music
- Yoga or tai chi
- Meditation
- Deep breathing

MEDICATIONS

- Take all your medications as prescribed by your doctor, even if you feel "fine."

Did you know that Princeton University provides FREE Health Coaching to benefits-eligible employees and dependents?
Call 866-237-0973 to schedule a free, confidential appointment.

