






Lowering your blood pressure



What can I do to lower my high blood pressure?

	Modification	Goal	By meeting the goal, you can lower your top blood pressure number:
	Weight reduction →	Maintain normal body weight (BMI=18.5-24.9 kg/m ²)	↓ 5 points (mm Hg)
	DASH eating plan →	Diet rich in fruits, vegetables, low fat dairy and reduced in fat	↓ 11 points (mm Hg)
	Physical activity →	Be more physically active. Aim for at least 90 - 150 min of moderate-intensity activity per week*	↓ 5-6 points (mm Hg)
	Restrict sodium intake →	<2,000 mg of sodium per day**	↓ 5-8 points (mm Hg)
	Moderation of alcohol consumption →	No more than 2 drinks/day for men and 1 drink/day for women	↓ 4 points (mm Hg)

*Adults should also do muscle strengthening activities 2 or more days per week
 BP = Blood pressure, BMI = Body mass index, SBP = Systolic blood pressure, DASH = Dietary Approaches to Stop Hypertension
 ** Reference <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7318881/>

Best Proven Nonpharmacologic Interventions for Prevention and Treatment of Hypertension According to 2017 Hypertension Clinical Practice Guideline