



Non- Medical Tips for Maintaining Blood Pressure

- ✓ Stress management
- ✓ Eating a healthy, well-balanced diet with
 - Examples: whole grains, fruits, vegetables, low-fat foods, and low sodium products
- ✓ Exercise regularly
 - Examples: walking, running, and swimming
- ✓ Limit smoking and alcohol
- ✓ Restful Sleep

Contact Us for More Information and Scheduling

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Amazing Health
Partners Clinic

Take Care of Your Blood Pressure to Improve Your Quality Life



We are here to support your
health and lifestyle!

Sources: AHA; CDC; Mayo Clinic

Why is Healthy Blood Pressure Important?

A good blood pressure reading has a systolic of under 120mm Hg/80mmHg. Maintaining a good blood pressure helps limit the risk of hypertension, or the wear and tear of your heart and body



Don't wait until it's too late, your blood pressure is an important part of your physical health!

High Blood Pressure Causes

Factors that may put you risk for high blood pressure:

- Related Health Conditions
 - Examples: pregnancy, diabetes, and kidney disease
- Lifestyle
 - poor diet, lack of exercise, smoking, poor sleep, and alcohol consumption
- Long-term stress

When Do I Talk to my Provider About Medication?

If your blood pressure reading is 130–139/80–89 mmHg or higher at home or during a provider visit due to:

- ✿ Difficulty managing stress and lifestyle changes
- ✿ Existing risk factors, such as diabetes, heart disease, and/or kidney disease
- ✿ Symptoms of chest pain, severe headaches, and shortness of breath