

What goes up must come down.

Lower high blood pressure.

Lose weight if you are overweight.

Obtain blood pressure checks at every office visit or at least every 1-2 years.

Work with your doctor to keep your blood pressure under control. Take medications, as prescribed.

Exercise on a regular basis. Sit less.

Reduce salt and sodium. Aim for 1,500 to 2,300 mg. per day.