

# What goes up must come down.

## **Lower high blood pressure.**

**L**ose weight if you are overweight.

**O**btain blood pressure checks at every office visit or at least every 1-2 years.

**W**ork with your doctor to keep your blood pressure under control. Take medications, as prescribed.

**E**xercise on a regular basis. Sit less.

**R**educe salt and sodium. Aim for 1,500 to 2,300 mg. per day.

