
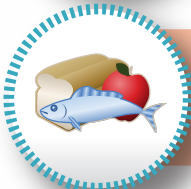







# What Can I Do To Improve My Blood Pressure?

| Modification  | Recommendation  | Approximate SBP Reduction Range |
|---|---|---------------------------------|
|  Weight reduction                    | Maintain normal body weight (BMI=18.5-24.9 kg/m <sup>2</sup> )                              | 5 mm Hg                         |
|  DASH eating plan                    | Diet rich in fruits, vegetables, low fat dairy and reduced in fat                           | 11 mm Hg                        |
|  Restrict sodium intake              | <1500 mg of sodium per day  | 5-6 mm Hg                       |
|  Physical activity                  | Be more physically active. Aim for at least 90 to 150 minutes of aerobic exercise per week. | 5-8 mm Hg                       |
|  Moderation of alcohol consumption | No more than 2 drinks/day for men and 1 drink/day for women                                 | 4 mm Hg                         |

BP = Blood pressure, BMI = Body mass index, SBP = Systolic blood pressure, DASH = Dietary Approaches to Stop Hypertension