






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 ²)	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