

# 10 TIPS FOR MANAGING HIGH BLOOD PRESSURE

High blood pressure (also known as hypertension) is a common condition in which the force of the blood pushing against the walls of your blood vessels is consistently too high. High blood pressure can cause long-term damage and increase your risk for heart disease, stroke, and more. However, there are some lifestyle changes you can make now to help combat high blood pressure and its risks.

- 1 Exercise regularly.** Getting at least 30 minutes a day of cardio or strength training can not only make your body stronger, but allows blood to circulate more freely.
- 2 Adjust to a heart-healthy diet.** Fresh vegetables, fruits, whole grains, and non-processed meats can all aid in your effort to lower blood pressure while offering a variety of other health benefits.
- 3 Lower your sodium intake.** Excess sodium can negatively impact heart health. Look for options with low sodium content on the label or opt for the lowest sodium content possible.
- 4 Prioritize stress management.** Practicing relaxation techniques throughout your day, getting exercise, and engaging in self-care can help reduce stress and keep blood pressure down.
- 5 Create a consistent sleep schedule and nighttime routine.** Blood pressure decreases in sleep and having poor, inconsistent sleep patterns means blood pressure will be raised for prolonged periods of time.
- 6 Maintain a healthy weight.** Increased weight can also mean an increase in blood pressure.
- 7 Don't smoke and avoid any secondhand smoke.** Smoking damages your heart, lungs, and increases blood pressure while also increasing risk of heart disease, stroke, and cancer.
- 8 Limit your alcohol intake.** Drinking too much alcohol can raise your blood pressure and continuous drinking causes that pressure to be sustained for longer periods of time.
- 9 Develop a strong support system.** Support systems are key to good health and can encourage you to maintain healthier lifestyle habits. If you find you need support beyond family or friends, consider joining a support group online or within your community.
- 10 Monitor your blood pressure at home and get regular checkups.** Blood pressure monitors are widely available and no prescription is necessary for them. Talk to your health care provider about home monitoring and make a plan for regular checkups.

Follow us:  
@OSUWELL



DEPARTMENT OF  
WELLNESS

# 10 TIPS FOR MANAGING HIGH BLOOD PRESSURE

High blood pressure (also known as hypertension) is a common condition in which the force of the blood pushing against the walls of your blood vessels is consistently too high. High blood pressure can cause long-term damage and increase your risk for heart disease, stroke, and more. However, there are some lifestyle changes you can make now to help combat high blood pressure and its risks.

- 1 Exercise regularly.** Getting at least 30 minutes a day of cardio or strength training can not only make your body stronger, but allows blood to circulate more freely.
- 2 Adjust to a heart-healthy diet.** Fresh vegetables, fruits, whole grains, and non-processed meats can all aid in your effort to lower blood pressure while offering a variety of other health benefits.
- 3 Lower your sodium intake.** Excess sodium can negatively impact heart health. Look for options with low sodium content on the label or opt for the lowest sodium content possible.
- 4 Prioritize stress management.** Practicing relaxation techniques throughout your day, getting exercise, and engaging in self-care can help reduce stress and keep blood pressure down.
- 5 Create a consistent sleep schedule and nighttime routine.** Blood pressure decreases in sleep and having poor, inconsistent sleep patterns means blood pressure will be raised for prolonged periods of time.
- 6 Maintain a healthy weight.** Increased weight can also mean an increase in blood pressure.
- 7 Don't smoke and avoid any secondhand smoke.** Smoking damages your heart, lungs, and increases blood pressure while also increasing risk of heart disease, stroke, and cancer.
- 8 Limit your alcohol intake.** Drinking too much alcohol can raise your blood pressure and continuous drinking causes that pressure to be sustained for longer periods of time.
- 9 Develop a strong support system.** Support systems are key to good health and can encourage you to maintain healthier lifestyle habits. If you find you need support beyond family or friends, consider joining a support group online or within your community.
- 10 Monitor your blood pressure at home and get regular checkups.** Blood pressure monitors are widely available and no prescription is necessary for them. Talk to your health care provider about home monitoring and make a plan for regular checkups.

Follow us:  
@OSUWELL



DEPARTMENT OF  
WELLNESS