

The Power of Lifestyle Modifications

How small changes can make a big difference in your blood pressure.

Engage in regular aerobic physical activity such as brisk walking. This can reduce your blood pressure by 4-9 mm HG.*



Increase Physical Activity

Reduce dietary sodium intake to no more than 100 mmol per day. This can reduce your blood pressure by 2-8 mm HG.*



Reduce Sodium Intake

Reduce Alcohol Consumption



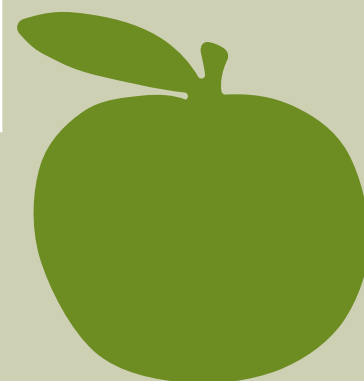
Limit consumption to no more than two drinks per day in men and no more than one drink per day in women. This can reduce your blood pressure by 2-4 mm HG.*

Lose Weight



Maintain a healthy body weight. This can reduce your blood pressure by 5-20 mm HG/10kg.

Adopt a Healthy Eating Plan



Consume a diet rich in fruits, vegetables and low-fat dairy products with reduced fat contents. This can reduce your blood pressure by 8-14 mm HG.*

*Approximate reduction in systolic blood pressure. Effects depend on time and consistency of lifestyle modification.

This material was prepared by the Lake Superior Quality Innovation Network and does not necessarily reflect CMS Policy. 11SOW-MI-B2-16-50 111616