The Power of Lifestyle Modifications

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

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

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

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

- **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.*

- **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.