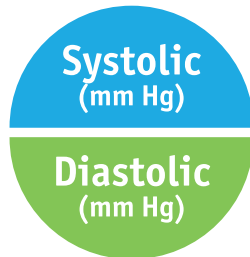


## What is **Blood Pressure**?

Blood pressure is the force of your blood moving against the walls of your arteries. It's expressed as **TWO NUMBERS**:

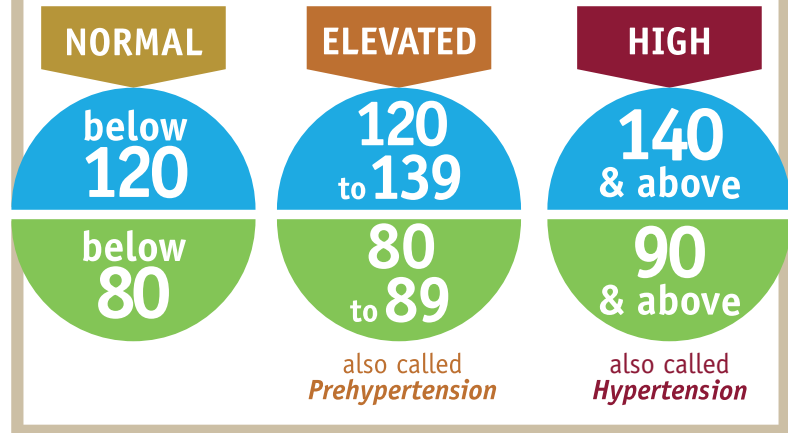


**TOP NUMBER**  
The pressure or force in the arteries when the heart beats



**BOTTOM NUMBER**  
The pressure measured between heart beats

KNOW WHAT YOUR BP NUMBERS MEAN:



Over time, elevated and high blood pressure can weaken your heart, blood vessels and kidneys, and makes a stroke or heart attack much more likely.

## 8 Lifestyle Changes for Lower Blood Pressure

### 1 Get Moving

with regular physical activity.



### 2 Focus on Nutrition

by making healthy food choices and minding your portion sizes.

### 3 Cut the Salt

Read food labels and aim for 1,500 mg of sodium or less per day.

### 4 Take Your Meds

If you are prescribed medicine for high blood pressure, take it every day.



### 5 Check Your Blood Pressure

as often as your doctor recommends.

### 6 Lose Weight

Losing just 10 pounds can make a big difference.



### 7 Cut Back on Alcohol/Don't Smoke

For men, not more than two drinks a day for women, one. If you smoke, stop.

### 8 De-stress and Sleep Well

Relaxation can lower blood pressure, and quality sleep ups your energy.



Information provided for educational purposes only. Please consult your health care provider regarding your specific health needs.

For more information, visit [WMCHealthAPS.com/Heart](http://WMCHealthAPS.com/Heart)