

How Can I Lower My Blood Pressure?

If I Do This to Take Good Care of Myself:	It Will Lower My Systolic Blood Pressure (top number) by this much:
<p>Lose weight if I'm overweight</p>	<p>5-20 points per 20 pounds</p> <p>Example: If you weigh 180 pounds and your Blood Pressure (BP) is 160/60, and you lose 20 pounds to weigh 160 pounds, your BP could drop to as low as 140/60.</p>
<p>Follow the DASH eating plan. Ask your healthcare team for a copy.</p>	<p>8-14 points</p>
<p>Lower my sodium (salt) intake to 1500-2300 mg per day.</p>	<p>2-8 points</p>
<p>Exercise for 30 minutes most days of the week.</p>	<p>4-9 points</p>
<p>Keep my alcohol intake to no more than:</p> <ul style="list-style-type: none"> • 1 drink a day if I'm female • 2 drinks a day if I'm male 	<p>2-4 points</p>