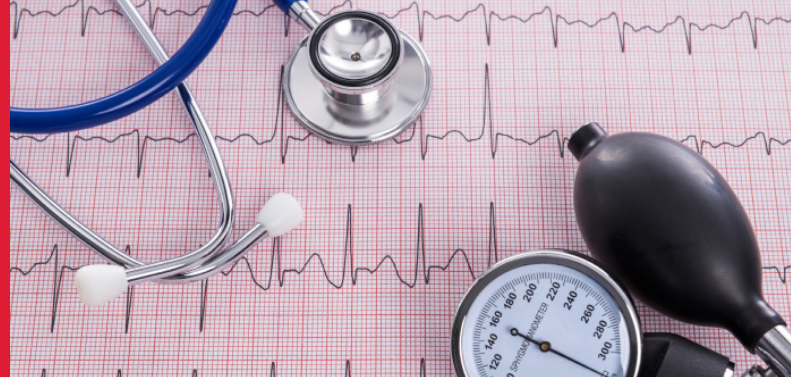







What Can I Do To Improve My Blood Pressure?



Modification	Recommendation	Approximate SBP Reduction Range
 Weight Reduction	Maintain normal body weight (BMI=18.5-24.9 kg/m ²)	5 mm Hg
 DASH Eating Plan	Diet rich in fruits, vegetables, low fat dairy & reduced fat	11 mm Hg
 Restrict Sodium Intake	<1500 mg of sodium per day	5-6 mm Hg
 Physical Activity	Aim for at least 90-150 minutes of aerobic exercise per week	5-8 mm Hg
 Moderation of alcohol consumption	No more than 2 drinks/day for men & 1 drink/day for women	4 mm Hg

BP = Blood Pressure, **BMI** = Body Mass Index, **SBP** = Systolic Blood Pressure, **DASH** = Dietary Approaches to Stop Hypertension

Go AS et al. • Hypertension • 2014;63:878:885 • Chobanian AV et al. • Hypertension • 2003;42-1206-1252

Ranges According to 2017 Hypertension Clinical Practice Guidelines
Recommendations for Treatment and Management of Hypertension



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MK18-60-1(12.19)FL

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