Blood Pressure Details
Blood pressure is expressed by two numbers. The top number is the systolic pressure, the pressure measured when the heart beats. The bottom number is the diastolic pressure, the pressure measured when the heart rests. Maintaining your blood pressure will keep you at a lower risk for heart disease, stroke, and kidney failure.

How to Maintain or Improve
Blood pressure often increases as weight increases. Losing just 10 pounds can help reduce your blood pressure.

Find activities you enjoy, and aim for at least 30 minutes a day of exercise on most days of the week. For example yoga, hiking, gardening, and anything else that gets your heart beating a bit faster. Since you’re going to be making it a habit, pick things you’ll want to do often.

Eating a diet that is rich in whole grains, fruits, vegetables and low-fat dairy products and skims on saturated fat and cholesterol can lower your blood pressure.

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