








What Can I Do To Improve My Blood Pressure?

Modification	Recommendation	Approximate SBP Reduction Range
 Weight reduction	Maintain normal body weight (BMI=18.5-25)	5-20 mm Hg 10 kg weight lost
 DASH eating plan	Diet rich in fruits, vegetables, low fat dairy and reduced in fat	8-14 mmHg
 Restrict sodium intake	<2.4 grams of sodium per day	2-8 mmHg
 Physical activity	Regular aerobic exercise for at least 30 minutes most days of the week	4-10 mmHg
 Moderate alcohol	2 drinks/day for men and 1 drink/day for women	2-4 mmHg

BP = Blood pressure, BMI = Body mass index, SBP = Systolic blood pressure • Chobanian AV et al. • JAMA • 2003;289:2560-2572

Ranges According to Joint National Commission 7 Guidelines & Recommendations for Treatment and Management of Hypertension