

OUR TOP TIPS FOR HEALTHY BLOOD PRESSURE

THANK YOU FOR BEING PART OF MAY MEASUREMENT MONTH.

For more information visit
www.maymeasure.org

If you have concerns,
please seek advice from a
trained medical professional.



MAINTAIN A HEALTHY WEIGHT

Just doing this can help
bring down high blood pressure.



EXERCISE REGULARLY

Aim for an average of 30
minutes a day. For the
exercise to be worthwhile, you need
to feel warmer, breathe harder,
and your heart needs to beat faster
than it normally does.



EAT PLENTY OF FRUIT AND/OR VEGETABLES EVERY DAY

Eat vegetables raw or
lightly steamed, rather than boiled,
to get maximum nutrition. Avoid
frying where possible.



ADD BEETROOT TO YOUR DIET

Regular consumption of
beetroot juice has been
found to help reduce your blood
pressure.



CUT DOWN ON SALT

Reduce your intake of salt.
Don't forget a lot of salt
is hidden in processed foods and is
very high in most breads, cereals,
soups and sauces. If possible, always
read the label. Eating a low-fat diet
that includes lots of fibre, such as
bread, pasta, rice and wholegrains
has also been found to help reduce
blood pressure.



CUT DOWN ON FAT AND SUGAR

Always check the label on
foods where possible and be
especially wary of hydrogenated or
'trans' fats, as well as sugars
'hidden' as other names such as
sucrose, dextrose, fructose, and
glucose. These can be commonly found
in items such as fruit juices and
fizzy drinks.



STOP SMOKING TOBACCO

Your arteries clog up even
faster if you smoke and this
causes many other health problems.
Your blood pressure actually rises
while you smoke.



REDUCE YOUR CAFFEINE INTAKE

Remember caffeine is found
in some fizzy drinks as well
as in coffee and tea.



DON'T DRINK TOO MUCH ALCOHOL

Stick to local daily
recommendations – usually
less than 2 drinks for men and 1 for
women (1 drink = small beer or wine).



REGULAR CHECK UPS

Have your blood pressure
measured by a trained
medical professional regularly.



RELAX

Stress contributes to
raising blood pressure.
So, avoid stress where possible
and allow time for relaxation.

#TheBigSqueeze

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