

## Steps to maintain a normal Blood Pressure:

- **Stay Active!**

Aim for 30-60 min. of activity 5 days a week.

- **Reduce Stress**

Stress can cause spikes in blood pressure – relax!

- **Don't Smoke**

Smoking harms heart health.

- **Limit Alcohol Usage**

No more than 2 drinks a day for men, less than 1 for women.

- **Limit Salt Intake (less than 1,500 mg per day)**

- o You can take the salt shaker off the table.

You can use herbs and spices to flavor instead of salt.

- **Follow a Health Diet**

- o Increase fruits and vegetables.

- o Increase low fat/fat free dairy products.

- o Limit lean meats (less than 6 oz. per day); try to include several meatless meals a week!

- o Eat whole grain: brown rice and whole wheat pasta and bread are great.

- o Look up healthy eating plans like the DASH diet, specifically engineered to lower blood pressure.



**Change your Behavior**

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