Top tips for a healthier blood pressure

1. Cut down on salt – don’t add it and remember to check food labels.
2. Eat plenty of fruit and vegetables – at least five portions every day.
3. Watch your weight – try to reach the right weight for your height.
4. Exercise regularly – that doesn’t have to mean the gym, how about a regular lunchtime walk?
5. Drink alcohol in moderation – no more than 14 units a week for BOTH men and women.

Don’t forget - the only way to Know your Numbers! is by having regular blood pressure checks. Don’t wonder or worry about your blood pressure. Get it checked.

Blood Pressure UK - Helping you to lower your blood pressure
www.bloodpressureuk.org Telephone: 020 7882 6255

Text NUMBERS to 70003 to donate £3.00 to Blood Pressure UK
Cost £3.00 plus 1 standard rate text message. £2.73 of your donation will go to Blood Pressure UK. Must have bill payer’s permission.

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