

Hypertension care essentials:

Daily habits; small changes, big impact

Keeping blood pressure in a healthy range reduces risks of heart disease and stroke. Lifestyle choices play a powerful role in managing hypertension effectively.



Living with hypertension

- Take prescribed medicines daily
- Follow DASH (Dietary Approaches to Stop Hypertension)-try new recipes, limit salt 5gms/day or sodium to 1500mg/day
- 30 min moderate exercise most days
- Monitor BP twice a week
- Manage stress daily



Not at risk

- Eat fresh produce, limit salt/sugar
- Stay active 150 min/week
- Avoid smoking & excess alcohol
- Check blood pressure at routine visits



Borderline / At risk

- Cut down on processed foods & salt
- Build up to 150 min/week activity
- Aim for 5-10% weight loss if overweight
- Recheck blood pressure fortnightly
- Manage stress daily