

# 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](http://www.bloodpressureuk.org) Telephone: 020 7882 6255

**Text NUMBERS to 70003 to donate £3.00 to Blood Pressure UK**

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