
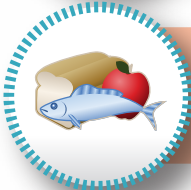





# What Can I Do To Improve My Blood Pressure?

Modification	Recommendation	Approximate SBP Reduction Range
 Weight reduction	Maintain normal body weight (BMI=18.5-24.9 kg/m <sup>2</sup> )	5-20 mm Hg per 10 kg weight lost
 DASH eating plan	Diet rich in fruits, vegetables, low fat dairy and reduced in fat	8-14 mmHg
 Restrict sodium intake	<1500 mg of sodium per day	2-8 mmHg
 Physical activity	At least 30 minutes most days of the week	4-9 mmHg
 Moderation of alcohol consumption	No more than 2 drinks/day for men and 1 drink/day for women	2-4 mmHg

BP = Blood pressure, BMI = Body mass index, SBP = Systolic blood pressure, DASH = Dietary Approaches to Stop Hypertension  
Go AS et al. • Hypertension • 2014;63:878-885 • Chobanian AV et al. • Hypertension • 2003;42:1206-1252

Ranges According to Joint National Commission 7 Guidelines  
Recommendations for Treatment and Management of Hypertension