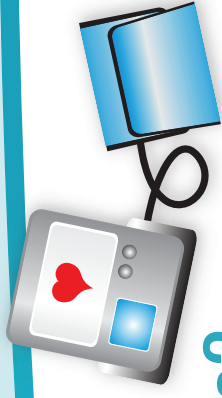


# What Can I Do To Improve My Blood Pressure?



| Modification   | Recommendation   | Approximate SBP Reduction Range |
|--|--|---------------------------------|
|  <p>Weight reduction</p>                    | Maintain normal body weight<br>(BMI=18.5-24.9 kg/m <sup>2</sup> )                              | 5 mm Hg                         |
|  <p>DASH eating plan</p>                    | Diet rich in fruits, vegetables, low fat dairy and reduced in fat                              | 11 mm Hg                        |
|  <p>Restrict sodium intake</p>              | <1500 mg of sodium per day   | 5-6 mm Hg                       |
|  <p>Physical activity</p>                 | Be more physically active.<br>Aim for at least 90 to 150 minutes of aerobic exercise per week. | 5-8 mm Hg                       |
|  <p>Moderation of alcohol consumption</p> | No more than<br>2 drinks/day for men and<br>1 drink/day for women                              | 4 mm Hg                         |

BP = Blood pressure, BMI = Body mass index, SBP = Systolic blood pressure, DASH = Dietary Approaches to Stop Hypertension

Ranges According to 2017 Hypertension Clinical Practice Guidelines  
Recommendations for Treatment and Management of Hypertension