TIPS FOR SUCCESS

EAT SMART
Eat a healthy diet of vegetables, fruits, whole grains, beans, legumes, nuts, plant-based proteins, lean animal proteins like fish and seafood.
Limit sugary foods and drinks, red or processed meats, salty foods, refined carbohydrates and highly processed foods.

MOVE MORE
Physical activity helps control blood pressure, weight and stress levels.

MANAGE WEIGHT
If you’re overweight, even a slight weight loss can reduce high blood pressure.

NO NICOTINE
Every time you smoke, vape or use tobacco, the nicotine can cause a temporary increase in blood pressure.

SLEEP WELL
Short sleep (less than 7 hours) and poor-quality sleep are associated with high blood pressure.