

High blood pressure is one of the main risk factors for heart, stroke, kidney and blood vessel disease.

But you can lower your numbers. Your GP can work with you on a plan to manage your blood pressure which may include more exercise, a change in diet, lifestyle changes and, in some cases, medication.

So, get your blood pressure checked, know your results and take action if your numbers are high.

Top five tips to lower your blood pressure

- Maintain a healthy body weight
- Try and be active every day - joining your local Heart Foundation walking group is a great start
- Limit the amount of alcohol you drink
- Decrease your salt intake
- Eat more fruit and vegetables

For more information on blood pressure and keeping your heart healthy visit heartfoundation.org.au



Blood Pressure Record Card



Why are blood pressure checks important?

You won't know you have high blood pressure until you have it checked. There are no signs and symptoms.

The good news is that high blood pressure, or hypertension, can be controlled. Your GP can work on a management plan right for you.

