**How to Lower Blood Pressure for a Healthy Heart**

**Blood Pressure Basics:**

**1**. There aren’t always obvious symptoms of high blood pressure.
**2.** High blood pressure greatly increases your risk of coronary heart disease, congestive heart failure, and stroke.
**3.** An ideal blood pressure is 120/80 or lower.
**4.** A blood pressure that is consistently 140/90 or higher is considered high.
**5.** Blood Pressure between 120/80 and 140/90 is called prehypertension – an indication of increased cardiovascular risk.

**10 Steps To Reduce Your Blood Pressure Levels!**

**1.** **Reduce Sodium –** Aim for 200mg per serving or less than 2000mg daily.
**2.** **Increase Exercise –** Try for 30 minutes of light-moderate activity most days a week
**3. Get Enough Sleep** – Chronic lack of sleep can contribute to high blood pressure.
**4. Reduce Stress –** Make time for yourself and engage in activities that bring you joy.
**5. Sufficient Potassium** – for 4000mg per day by eating lots of fruits & vegetables.
**6. Meditation** – Practicing meditation regularly can be very effective in lowering BP
**7. Moderate Alcohol Consumption –** Aim for 1 glass/day maximum.
**8. No Smoking –** Smoking leads to significant spikes in systolic BP (the first number)
**9. Vasodilating Foods** – Known to help open arteries, allowing blood to flow more freely,
**10. Weight Control –** Even a moderate amount can lead to significant changes in your BP

**Top 10 Foods To Lower Blood Pressure:**

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| 1. Pomegranate
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| 1. Beets
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| 1. Celery
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| 1. Garlic
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| 1. Walnuts
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| 1. Leafy Greens
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| 1. Sunflower Seeds
 |
| 1. Beans
 |
| 1. Fish
 |
| 1. Dark Chocolate
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