

Blood Pressure

Is your blood pressure in check?

Knowing is half the battle.

Get your blood pressure checked today!

Decrease your blood pressure. Decrease your risk!

- ✓ Have your blood pressure checked by a healthcare professional at least once every two years.
- ✓ If you have been diagnosed with high blood pressure or high-normal blood pressure (130/85 – 139/89) Canadian guidelines recommend that you have your blood pressure checked at least once a year.
- ✓ Incorporate healthy lifestyle practices into your daily routine:
 - Eat a balanced diet, including: fruits, vegetables, whole grains and lean meats.
 - Be physically active.
 - Limit your alcohol and salt intake.
 - Be smoke-free.
- ✓ Aim to achieve or maintain a healthy body weight. Even a weight reduction of as little as 10% of your body weight can dramatically decrease your chances of having a stroke or heart attack.
- ✓ Decrease the stress in your life. Try to find time every day to relax.

(Heart and Stroke Foundation, 2007)

A normal blood pressure reading is 120 / 80 or lower