

4 Heart-Healthy Changes to Lower Blood Pressure

Most people have thought about changes they could make to live a healthier life.

But when you have high blood pressure, you have a reason to do more than just think about it.

Here are four heart-healthy lifestyle changes that can help you manage your high blood pressure and stay as healthy as you can.

And, just so you know, these changes also lower your risk for heart attack and stroke.

One: Be more active.

Try to do something you enjoy on most if not all days of the week.

You could walk, swim, bike, or whatever makes you happy.

Two: Eat healthy foods, and cut back on salt.

A special eating plan called the DASH diet is designed to help lower blood pressure.

It can make it easier to know what to eat.

It's a menu of healthy foods, like fruits, vegetables, and dairy.

And it can lead to making number three possible: Stay at a healthy weight.

This can help lower your blood pressure.

Four: If you drink alcohol, try limiting how much you drink.

And if you think you might have a problem with alcohol or drugs, bring that up with your doctor, and together you can come up with a plan.

Alright, now here's a bonus for extra credit.

If you smoke, it's time to quit.

Quitting helps you feel better and helps prevent a lot of other health problems.

Many people have found ways that helped them successfully quit, including using medicines and finding support.

Okay, so maybe you're ready to make a change, but another part of you wonders, "Why bother?"

Here's the deal.

You may not be able to feel high blood pressure right now.

But over time, the risks of serious health problems caused by it—like heart attack and stroke—those risks are real.

And although you may not feel the benefits of a heart-healthy lifestyle right away, those health benefits are just as real.