



## Blood Pressure: Is Your Lifestyle Supporting a Stable Blood Pressure?

**Your blood pressure** is a key indicator of your overall health, yet many people overlook the impact their daily habits have on it. High blood pressure (hypertension) can increase the risk of heart disease, stroke, and other complications, while low blood pressure (hypotension) can lead to dizziness and fatigue. The good news? Small lifestyle changes can make a big difference.

### Are You Eating for Heart Health?

A balanced diet plays a crucial role in maintaining stable blood pressure. Aim for:

- ✓ Plenty of fruits and vegetables, especially leafy greens, bananas, and berries.
- ✓ Lean proteins like fish, poultry, and beans.
- ✓ Whole grains instead of refined carbs.
- ✓ Low-sodium choices—too much salt can elevate blood pressure.

Limiting processed foods, sugary drinks, and excessive caffeine can also help keep your numbers in check.

### Are You Getting Enough Exercise?

Regular physical activity strengthens the heart and improves circulation, helping to regulate blood pressure. Aim for at least 30 minutes of moderate exercise (walking, swimming, cycling) most days of the week. Even small changes, like taking the stairs or stretching during breaks, can have positive effects.

### How's Your Stress Level?

Chronic stress can contribute to high blood pressure over time. Incorporating relaxation techniques such as deep breathing, meditation, or even a simple walk in nature can help manage stress levels and support heart health.

### Are You Sleeping Well?

Poor sleep habits can negatively impact blood pressure. Aim for 7-9 hours of quality sleep per night and establish a bedtime routine that promotes relaxation. Reducing screen time before bed and keeping a consistent sleep schedule can improve rest.

### Do You Monitor Your Blood Pressure Regularly?

Checking your blood pressure at home or during routine health check-ups allows you to track any changes. If your readings are consistently high or low, it's important to consult a healthcare professional for guidance.

### Small Changes, Big Impact

Maintaining a stable blood pressure is all about balance—healthy eating, regular movement, stress management, and good sleep. Start with one or two small changes today, and over time, you'll build habits that support a healthier heart and a better quality of life.

Take charge of your well-being—your heart will thank you! ❤️