

HIGH BLOOD PRESSURE PREVENTION

High Blood Pressure, or Hypertension, is when the force of the blood pushing on blood vessel walls is too high. As a result, eyes, kidneys, heart, and other organs can become damaged.

7 WAYS TO PREVENT HIGH BLOOD PRESSURE:



Eat more
fruits &
vegetables



Avoid eating
foods with lots
of sodium(salt)



Exercise
regularly



Limit
Alcohol



Reduce
Stress



Get Enough
Sleep



Avoid
Smoking

