



S&W READY MIX CONCRETE COMPANY	March
CORPORATE ENVIRONMENTAL / SAFETY PROGRAM	
Blood Pressure Management - MONTHLY TRAINING TOPIC	

Here are 10 lifestyle changes you can make to lower your blood pressure and keep it down.



1. Lose extra pounds and watch your waistline

Blood pressure often increases as weight increases. Losing just 10 pounds can help reduce your blood pressure.

2. Exercise regularly

Talk to your doctor about developing an exercise program. Your doctor can help determine whether you need any exercise restrictions. Even moderate activity for 10 minutes at a time, such as walking and light strength training, can help.

3. Eat a healthy diet

Eating a diet that is rich in whole grains, fruits, vegetables and low-fat dairy products and skimps on saturated fat and cholesterol can lower your blood pressure by up to 14 points.

4. Reduce sodium in your diet

Even a small reduction in the sodium in your diet can reduce blood pressure by 2 to 8 pts. Limit sodium to 2,300 milligrams (mg) a day or less.

5. Limit the amount of alcohol you drink

Alcohol can be both good and bad for your health. In small amounts, it can potentially lower your blood pressure by 2 to 4 points. But that protective effect is lost if you drink too much alcohol or if you start drinking just to lower your blood pressure

6. Avoid tobacco products

On top of all the other dangers of smoking, the nicotine in tobacco products can raise your blood pressure by 10 points or more for up to an hour after you smoke.

7. Cut back on caffeine

The role caffeine plays in blood pressure is still debatable. Drinking caffeinated beverages can temporarily cause a spike in your blood pressure, but it's unclear whether the effect is temporary or long lasting. Regardless of your sensitivity to caffeine's effects, doctors recommend you drink no more than two cups of coffee a day.

8. Reduce your stress

Stress or anxiety can temporarily increase blood pressure. Take some time to think about what causes you to feel stressed, such as work, family, finances or illness. Once you know what's causing your stress, consider how you can eliminate or reduce stress.

9. Monitor your blood pressure at home and make regular doctor's appointments

If you have high blood pressure, you may need to monitor your blood pressure at home. Learning to self-monitor your blood pressure with an upper arm monitor can help motivate you. Talk to your doctor about home monitoring before getting started.

10. Get support from family and friends

Supportive family and friends can help improve your health. They may encourage you to take care of yourself, drive you to the doctor's office or embark on an exercise program with you to keep your blood pressure low. Talk to your family and friends about the dangers of high blood pressure.