What’s the BIG DEAL about controlling my blood pressure?

Small changes make a HUGE difference:

Even one lifestyle change I make for my health . . . can decrease my blood pressure by small amounts and small decreases in blood pressure result in huge health benefits.

Walking 30 minutes, five days a week can decrease blood pressure 10 points

Losing 5–10 lbs. of weight can decrease blood pressure 5 points

Quitting tobacco (call 1-800-QUITNOW) can decrease blood pressure 5–10 points

Limiting sodium (salt) to 1,500 mg. per day can decrease blood pressure 2–8 points

Every 5 points decrease in blood pressure reduces

- risk of stroke by 34%
- risk of heart attack by 21%

Every 3 points decrease in blood pressure reduces

- risk of stroke by 8%
- risk of heart attack by 5%