

Tips for lowering your blood pressure

- Follow the DASH (Dietary Approaches to Stop Hypertension) eating plan, limiting saturated fat, cholesterol, sodium and caffeine while increasing calcium, fruits, vegetables and whole grains
- Take prescribed medications and see your doctor regularly
- Don't smoke and limit your alcohol consumption
- Get active with brisk walking, biking or gardening to reduce your blood pressure*

** Check with your healthcare provider before making changes to your exercise routine.*

[Find a doctor: Inova.org/Physicians](https://www.inova.org/Physicians)

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Personal blood pressure card

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