

5 Ways to Lower Your Blood Pressure



HEALTH INSIGHTS

High blood pressure, also known as hypertension, is one of the most common and serious health conditions in adults. But the good news is, it's treatable and manageable. Let's take a closer look at what your blood pressure numbers mean, why they matter, and 5 simple things you can do to help bring them down.

What Do Blood Pressure Numbers Mean?

Your blood pressure reading has two numbers:



Systolic Pressure

The Top Number

This is the pressure in your arteries when your heart beats.

Diastolic Pressure

The Bottom Number

This is the pressure in your arteries when your heart is resting between beats.

Blood Pressure Category	Systolic (Top #)	Diastolic (Bottom #)
Normal	Less than 120	Less than 80
Elevated	120–129	Less than 80
High Blood Pressure (Stage 1)	130–139	80–89
High Blood Pressure (Stage 2)	140 or higher	90 or higher
Hypertensive Crisis (emergency)	Over 180	Over 120

**What's
Considered
Normal?**

Why Blood Pressure Matters

High blood pressure forces your heart to work harder than it should. Over time, this can:

- Damage your arteries
- Increase your risk of heart attack and stroke
- Affect your kidneys, eyes, and brain

You often can't feel high blood pressure—that's why it's called the "silent killer." Checking your numbers regularly and taking action is the key to protecting your health.

5 Effective Ways to Lower Your Blood Pressure

1. Eat a Heart-Healthy Diet

- Focus on the DASH diet (Dietary Approaches to Stop Hypertension).
- Load up on fruits, vegetables, whole grains, and low-fat dairy.
- Cut back on salt (sodium)—aim for less than 1,500 mg per day if you have high blood pressure.
- Avoid sugary drinks and heavily processed foods.



2. Move Your Body Regularly

Exercise strengthens your heart and helps your body use oxygen more efficiently—both of which help lower your blood pressure. Aim for at least 30 minutes of moderate exercise (like walking, swimming, or cycling) most days of the week.

3. Limit Alcohol and Quit Smoking

Too much alcohol can raise your blood pressure, stick to 1 drink per day for women, 2 for men (or less). Quitting smoking immediately improves your heart health and helps your blood vessels heal.

4. Manage Stress

Chronic stress can contribute to high blood pressure. Try deep breathing, meditation, yoga, or even just taking a walk outside. Make time for things that bring you joy and help you relax.

5. Take Your Medications as Prescribed

If your provider prescribes blood pressure medication, take it exactly as directed. Don't skip doses or stop suddenly—even if you feel fine. High blood pressure usually has no symptoms.

Lowering your blood pressure isn't about doing one big thing, it's about making small, consistent choices every day that support your heart.

Know your numbers. Make healthy changes. Get support when you need it.
Your heart and your entire body, will benefit for years to come.

