



Lower Blood Pressure with Lifestyle Changes

If you are diagnosed with hypertension (high blood pressure) there are many ways you can lower your blood pressure. Although your heredity, race, and age can't be changed, you can do something about the other risk factors.

- Lifestyle changes are the first step to treating stage 1 hypertension or elevated blood pressure.
- Many people have found that by changing certain lifestyle habits (usually through diet and exercise), they can lower their blood pressure to within normal levels.
- Even if you are already on blood pressure medication, lifestyle changes can help you reach your blood pressure goal with lower doses of medication.

Weight loss and the DASH (Dietary Approaches to Stop Hypertension) eating plan are particularly good for lowering blood pressure. The DASH diet is a specific diet formulated to lower high blood pressure.

With good lifestyle practices, you will also lower your risk of complications related to high blood pressure including heart attack and stroke.

Here are the changes that can have a sizable impact on lowering blood pressure:

Modification	Recommendation	Approximate Systolic BP Reduction
Weight control	Achieve and maintain normal body weight (BMI, 18.5-24.9).	5-20 mm Hg/ with each 10-kg weight loss
Adoption of DASH eating plan	Consume a diet rich in fruits, vegetables, and low-fat dairy products with a reduced content of saturated and total fat.	8-14 mm Hg
Dietary sodium restriction	Reduce dietary sodium intake to no more than 1,500 mg.	2-8 mm Hg
Physical activity	Engage in regular aerobic physical activity, such as brisk walking (at least 30 minutes per day, most days of the week).	4-9 mm Hg
Moderate alcohol consumption	Limit consumption to no more than 2 drinks per day (24 oz. of beer, 10 oz. of wine, or 3 oz. of 80-proof whiskey) in most men, and no more than 1 drink per day in women and lighter-weight persons.	2-4 mm Hg

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[Dietary Approached to Stop Hypertension](#)

[Limiting Sodium to Reduce Blood Pressure](#)

[Increase Intake of Potassium, Magnesium, and Calcium to Reduce Blood Pressure](#)

[Exercise to Lower Blood Pressure](#)

[Foods That Lower Blood Pressure](#)

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[Alcohol](#)

[The Importance of Physical Activity](#)

[Cardiovascular Exercise Guidelines](#)