

Blood pressure

Keeping it in check

Having high blood pressure can cause serious damage to your heart, blood vessels and kidneys – usually before you even realize there’s a problem. Here’s how to stay healthy.

Understand your numbers:

- Healthy blood pressure: 120/80 or lower.
- Pre-hypertension: 120/80 to 140/90.
- High blood pressure: 140/90 or higher.

Get checked regularly:

- If your numbers are healthy – every two years.
- If your numbers are too high – every year.
- If you’re not sure – ask your doctor.

Commit to a healthy lifestyle:

Taking these five steps can move you toward a healthier life.

- Lose any extra weight.
- Eat less salt.
- Exercise regularly.
- Limit alcohol consumption.
- Follow the DASH (Dietary Approaches to Stop Hypertension) diet – reduce fat in your foods; increase the number of fruits, vegetables and low-fat dairy foods.