

Understanding BLOOD PRESSURE

What is Blood Pressure?

Blood pressure is the force of your blood pushing against the walls of your arteries as your heart pumps. It's measured in two numbers:

Systolic - the pressure when your heart beats
Diastolic- the pressure when your heart rests between beats.

Why is Blood Pressure Important?

Healthy blood pressure ensures that oxygen and nutrients move smoothly through your body. If it's too high for too long, your heart, brain, kidneys, and eyes are at risk of damage.

What do the readings mean?



 NORMAL	 ELEVATED	 HIGH
• 120/80 mmHg or less • Regular reading. • Keep it steady.	• 121-139/ 81 -89mmHg • Elevated reading. • Time to make lifestyle changes.	• 140/90 mmHg or higher • High reading. • See your doctor for proper treatment.

How can I lower my blood pressure?

You can lower it by living a healthier lifestyle: eating balanced meals, being active, managing stress, sleeping well, and avoiding habits like smoking or too much alcohol. Some people may also need medication prescribed by a doctor.

What should my Blood pressure be?

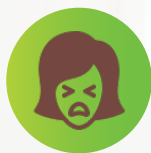
Most adults should aim for 120/80 mmHg or lower. Your doctor may recommend different targets if you have conditions such as diabetes or kidney disease.

What causes high Blood pressure?

High blood pressure can be caused by factors such as a high salt intake, stress, lack of exercise, smoking, excess weight, too much alcohol or caffeine, and a family history of hypertension.

LIFESTYLE CHANGES:

Need some useful tips for an improved blood pressure and health? Here are some general tips and details on how you can implement simple lifestyle changes for your health.



MANAGE STRESS

Stress triggers hormones that can raise your blood pressure and blood sugar. Practice relaxation techniques such as deep breathing, meditation, or light stretching. Hobbies, music, or spending time with loved ones can also help keep stress under control.



DRINK WATER

Proper hydration helps your body circulate blood efficiently and supports kidney function, which plays a key role in balancing blood pressure. Aim for enough water throughout the day and limit sugary or energy drinks.



ENOUGH SLEEP

Restful sleep allows your heart and blood vessels to recover. Adults should aim for 7–8 hours each night. Poor sleep can raise both blood pressure and blood sugar, so try to maintain a regular bedtime routine.



BALANCED MEALS

Eat more fruits, vegetables, whole grains, and lean proteins while limiting processed foods, sugar, and unhealthy fats. A balanced diet helps prevent blood pressure spikes and keeps blood vessels healthy.



STAY ACTIVE

Exercise strengthens your heart, lowers pressure on your arteries, and improves blood sugar control. Aim for at least 30 minutes of moderate activity—like walking, cycling, or dancing—most days of the week.



STOP SMOKING

Nicotine narrows blood vessels and forces your heart to work harder, raising blood pressure. Quitting smoking has immediate and long-term benefits for your circulation and overall health.



REDUCE CAFFEINE INTAKE

Caffeine can cause short-term increases in blood pressure and affect heart rhythm in some people. Limit coffee, energy drinks, and strong teas if you are sensitive or if your doctor advises.



REDUCE SALT INTAKE

Too much sodium causes the body to retain water, which raises blood pressure. Choose fresh foods, cook with herbs instead of salt, and check food labels for hidden sodium.



WEIGHT MANAGEMENT

Carrying excess weight makes your heart work harder, increasing the risk of high blood pressure and diabetes. Even small, steady weight loss can make a big difference in lowering your numbers.



LIMIT ALCOHOL INTAKE

Drinking too much alcohol can raise blood pressure and blood sugar. Stick to moderation—no more than one drink per day for women and two for men, or avoid alcohol altogether if advised by your doctor.

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