






What Can I Do To Improve My Blood Pressure?

	Modification	Recommendation	Approximate SBP Reduction Range
	Weight Reduction	Maintain normal body weight (BMI = 18.5-25)	5-20 mmHg/ 10 kg weight lost
	*DASH Eating Plan	Diet rich in fruits, vegetables, low fat dairy and reduced in fat	8-14 mmHg
	Lower Sodium Intake	< 2,400 mg (1 teaspoon) of sodium/day	2-8 mmHg
	Physical Activity	Regular aerobic exercise such as brisk walking at least 30 minutes most days of the week	4-10 mmHg
	Moderate Alcohol	2 drinks/day for men (24 oz. beer, 10 oz. wine, or 3 oz. 80-proof whiskey) 1 drink/day for women	2-4 mmHg

*DASH, Dietary Approaches to Stop Hypertension

BLOOD PRESSURE TRACKER – INSTRUCTIONS

- You should have your monitor's accuracy tested once a year by a healthcare professional.
Date of last test: _____
- Make sure the cuff fits: measure around your upper arm and choose a monitor that comes with the correct size cuff.
- It's important to take the readings at the same time each day, such as morning and evening, or as your healthcare professional recommends.



- Don't smoke, drink caffeinated beverages or exercise within the 30 minutes before measuring your blood pressure.
- Sit with your back straight and supported (on a dining chair, for example, rather than a sofa). Your feet should be flat on the floor; don't cross your legs. Your arm should be supported on a flat surface (such as a table) with the upper arm at heart level. Make sure the middle of the cuff is placed directly over your brachial artery as shown in the picture or your monitor's instructions, or have your healthcare provider show you how.
- Each time you measure, take two or three readings, one minute apart, and record all the results. Your doctor can calculate your average blood pressure from all of your readings, tell you what category you fall into, look at all your risk factors and give you a blood pressure goal.



American Heart Association recommended blood pressure levels

Blood Pressure Category	Systolic (mm Hg)		Diastolic (mm Hg)
Normal	less than 120	and	less than 80
Prehypertension	120–139	or	80–89
High			
Stage 1	140–159	or	90–99
Stage 2	160 or higher	or	100 or higher

Blood pressure higher than 180/110 mm Hg is an emergency. Call 9-1-1 immediately. If 9-1-1 is not available, have someone drive you to the nearest emergency facility immediately.

Heart rate or pulse is the number of times your heart beats per minute. The average resting heart rate is 60–80 beats per minute, but it's generally lower in physically fit people and it usually rises with age.