

## **LIFESTYLE MODIFICATIONS FOR THE PREVENTION AND TREATMENT OF HIGH BLOOD PRESSURE**

- **Lose weight if overweight - by reducing calories and increasing physical activity**
- **Limit alcohol consumption to no more than one drink a day**
- **Reduce sodium consumption to less than 2,400 mg/day**
- **Stop smoking**
- **Engage in regular moderate aerobic physical activity for 30 - 40 minutes on most days of the week.**
- **Eat a balanced diet, which is high in fruits, vegetables, and low or non-fat dairy products. Reduce the intake of foods high in saturated fat and total fat.**