



10 Ways to Manage High Blood Pressure without Medication:

1. Lose extra pounds and watch your waistline.

*This is one of the most effective lifestyle changes for controlling blood pressure.

2. Exercise regularly.

Talk to your doctor about developing an exercise program.

3. Eat a healthy diet.

Eat a diet rich in whole grains, fruits, vegetables and low-fat dairy products.

4. Reduce sodium in your diet. Read food labels, eat fewer processed foods, and don't add salt.

5. Limit alcohol. In small amounts, it can potentially lower blood pressure. Moderate amounts of alcohol can raise blood pressure.

6. Quit smoking. People who quit smoking have substantial increases in life expectancy.

7. Cut back on caffeine.

The role of caffeine is still debated. Talk to your doctor about the effects of caffeine on your blood pressure to be safe.

8. Reduce stress.

Find healthy ways to eliminate or cope with stressors.

9. Monitor blood pressure at home and see your doctor regularly.

10. Get support. Supportive friends and family can improve health. Or join a support group.