

- Learn how to take your own **blood pressure** & keep a record of your results.
- Maintain a **healthy weight**. Get help to lose any extra pounds.
- **Cut back on salt**. Limit canned, dried, packaged, and fast foods. Don't add salt to your food at the table. Use herbs instead of salt when you cook.
- Begin an **exercise** program. Ask your doctor how to get started. You can benefit from simple activities such as walking or gardening.
- **Break the smoking habit**. Enroll in a stop-smoking program to improve your chances of success.
- **Avoid stressful** situations. Learn stress-management techniques.