

Tips for Lowering Your Blood Pressure

- Follow a healthy eating plan with foods low in saturated fat and cholesterol, and high in fruits and vegetables.
- Take medication, if prescribed, and see your doctor regularly.
- Limit your sodium/salt intake.
- Don't smoke and limit alcohol consumption.
- Stay physically active.* Activities like brisk walking, biking or gardening will help reduce your blood pressure.

**Always check with your healthcare provider before you make changes to your diet or exercise routine.*

For a referral to a world-class Inova specialist, call **703-750-8800** or visit **inova.org**.

G28658/4-10



Personal Blood Pressure Card



INOVA® HEART AND
VASCULAR INSTITUTE



INOVA®
HEALTHSOURCE

