

Managing High Blood Pressure

Checking Blood Pressure at Home

- Be still, sit on a chair with your back straight, feet flat on the floor, and legs uncrossed.
- Check blood pressure around the same time each day but not more than 2x per day.
- Do not check blood pressure right after meals, exercise, or exhaustive work.

Blood Pressure Readings: Per the American Heart Association

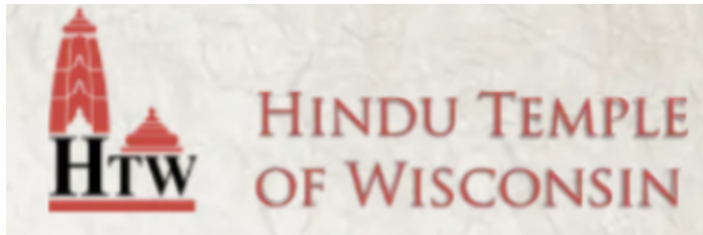
BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)	and/or	DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120 – 129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130 – 139	or	80 – 89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

With Exercise

- Do regular physical activity for 30 minutes per day, about 5 days a week.
- Walking, jogging, cycling, swimming, and dancing are some of the ways to add physical activity to your lifestyle.
- Practicing pranayama, meditation, and yoga regularly can be helpful. Modern research has proven that yoga (asana), breathing techniques (pranayama), and meditation (dhyana) help bring down both systolic and diastolic blood pressure readings.
- Setting up a time in your schedule for physical activity daily helps you achieve this goal.

With Food

- Eat MORE
 - Whole grains: whole wheat (bread/roti), brown rice, oats (oatmeal), millets (finger millet, foxtail millet, pearl millet-bajara, juwar).
 - Vegetables: leafy greens like spinach, carrots, broccoli, green beans, brussel sprouts, okra, potato, and sweet potato.
 - Beans: black beans, kidney beans, garbanzo beans.
 - Lentils: all varieties of daals like mung, toor, chana, urad daal.
 - Fruits: bananas, melons, berries, peaches.



- Unsalted nuts and seeds: walnuts, peanuts, almonds, sunflower seeds.
 - Home-cooked foods: helps you take control over the ingredients.
- Eat LESS
 - Sodium-rich foods: potato chips, pickles, canned beans, sauces/ketchup.
 - Added salt.
 - Sweets.
 - Fats: oil, butter.
 - Processed foods.
 - Fast foods.

With Lifestyle

- Alcohol: do not drink or drink as less alcohol as possible.
- Nicotine: do not smoke cigarettes or vape.
- Caffeine: drink as less as possible.
- Stress and worry: as less as possible.
- Healthy sleep: go to bed on time, avoid late nights.
- Screen time: stop the use of TV, phone, and computer one hour before bedtime.