






What Can I Do To Improve My High Blood Pressure?

TARGET:BP™



| Modification | Recommendation | Approximate SBP Reduction Range |
|--|--|---------------------------------|
|  Weight reduction | Maintain normal body weight (BMI=18.5-24.9 kg/m²) | 5 mm Hg |
|  DASH eating plan | Diet rich in fruits, vegetables, low fat dairy and reduced in fat | 11 mm Hg |
|  Restrict sodium intake | <1500 mg of sodium per day | 5-6 mm Hg |
|  Physical activity | Be more physically active. Aim for at least 90 to 150 minutes of moderate-intensity activity per week.* | 5-8 mm Hg |
|  Moderation of alcohol consumption | No more than 2 drinks/day for men and 1 drink/day for women | 4 mm Hg |

*Adults should also do muscle-strengthening activities 2 or more days per week.

BP = Blood pressure, BMI = Body mass index, SBP = Systolic blood pressure, DASH = Dietary Approaches to Stop Hypertension

Best Proven Nonpharmacologic Interventions for Prevention and Treatment of Hypertension
According to 2017 Hypertension Clinical Practice Guideline