

HEALTH / PHYSICAL ACTIVITY / NUTRITION

# Control High Blood Pressure

*Physical Activity and Dietary Considerations with regards to Hypertension*

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# Controlling Hypertension

Information and advice on Hypertension, and what you can do to lower High Blood Pressure

- ◆ Blood pressure can fluctuate to many factors, such as our emotional state | anticipation of events | smoking | caffeine | even when our last meal was eaten.
- ◆ High Blood Pressure, or Hypertension, is when a reading of above 140/90mm/Hg is recorded.
- ◆ The management of High Blood Pressure, include:
  - Taking regular Exercise
  - Avoid Excessive alcohol intake
  - Stress Management
  - Reduction in body fat/ weight
  - Taking hypertensive medicine (as prescribed by your GP)
  - Reducing salt intake
- ◆ Ref: BACPR fourth edition 2018