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## New high Blood Pressure Guidelines

Good blood pressure control is important in decreasing your risk for heart disease, stroke, and kidney disease. You can lower your blood pressure through behavior changes and through prescribed medications. Things that you can do on your own to lower your blood pressure include:

Lose weight (if you are overweight)

Choose a diet low in fat and rich in fruits, vegetables, and low-fat dairy products

Reduce the amount of salt you eat daily (1.5-2 grams daily)

Do something active for at least 30 minutes a day on most days of the week

Decrease your alcohol intake

**General ranges for blood pressure readings include:**

140/90 or above High

120-139/80-89 Prehypertension

119/79 or below Normal

## Blood Pressure Log