How To Keep Your Blood Pressure Healthy
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According to the American Heart Association, a healthy lifestyle can help keep your blood pressure in check. This includes:

- **A healthy diet**: Including plenty of fruits, vegetables, and whole grains, while limiting sodium and alcohol intake.
- **Regular exercise**: Aim for at least 150 minutes of moderate aerobic activity or 75 minutes of vigorous activity each week, or a combination of both.
- **Maintaining a healthy weight**: Losing weight if you are overweight or obese can help lower blood pressure.
- **Limiting alcohol**: Moderate drinking of alcohol can lower blood pressure, but excessive drinking can raise it.

Additionally, managing stress and getting enough sleep can also help keep your blood pressure under control.

If you have high blood pressure, talk to your doctor about the best way to keep it in check. They may recommend lifestyle changes or prescribe medication.