

# Control High Blood Pressure Without Medication

Simple changes lower blood pressure and keep it down.



Exercise at least 150 minutes a week



Reduce sodium in your diet



Eat a diet rich in whole grains, fruits, vegetables



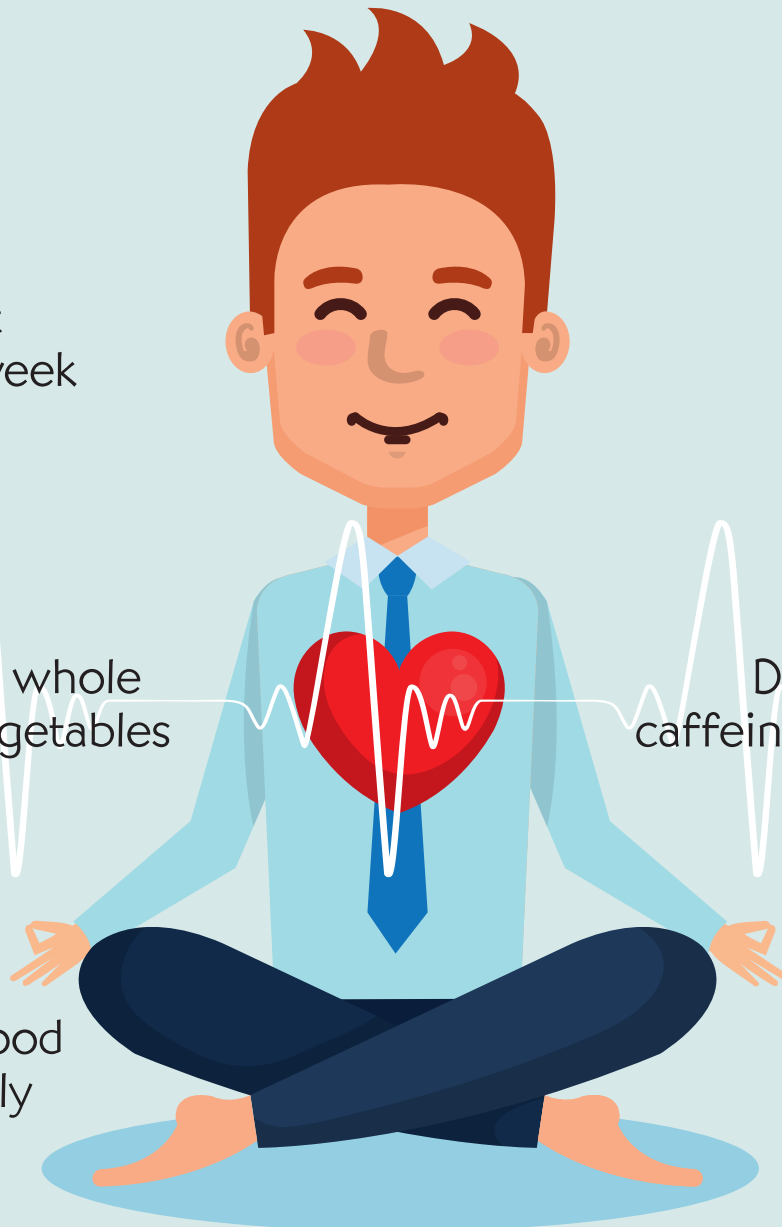
Drink alcohol and caffeine in moderation



Monitor your blood pressure regularly



Quit smoking



Reduce your personal stress

Check out the Live Healthy section at [www.SouthCarolinaBlues.com](http://www.SouthCarolinaBlues.com).

