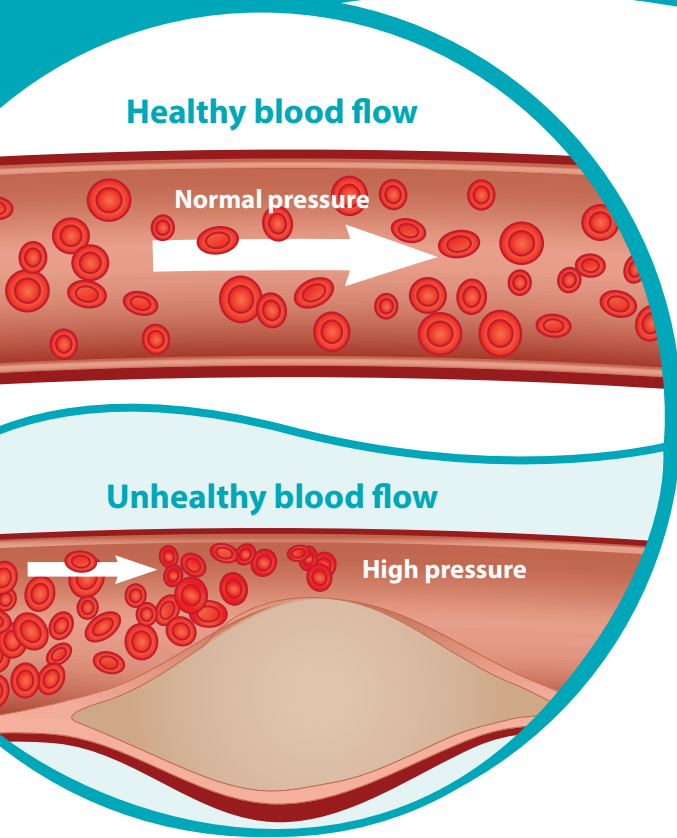


High Blood Pressure



Let's learn about it

- Your heart beats fastest when you are stressed, scared or exercising. It beats the gentlest when you are relaxed and peaceful.
- High blood pressure is like a fast-flowing river with rapids and a strong current. It hurts the heart, kidneys, brain and eyes.
- High blood pressure, high cholesterol and diabetes are health problems that can lead to heart attack and stroke.

Ways to lower your blood pressure

- Be tobacco-free.
- Eat foods low in sodium (salt).
- Aim for a healthy body weight.
- Be physically active.
- Limit alcohol to 2 drinks per day (women) or 3 drinks per day (men).
- Manage stress.
- Drink less than 3 cups of drinks with caffeine per day (coffee, tea, pop, energy drinks, iced tea).



Healthy blood pressure goals

Adults under 80 years:

Less than $\frac{140}{90}$

Adults with diabetes:

Less than $\frac{130}{80}$

Adults over 80 years:

Less than $\frac{150}{\text{no goal}}$

Let's learn what to do

- ✓ **Enjoy a variety of healthy foods from all 4 food groups**
 - Focus on country foods, vegetables, fruit, whole grains, lean meats and fish.
- ✓ **Choose low sodium (salt) foods**
 - See the *Sodium (Salt)* handout.
 - A registered dietitian, nurse or doctor should help plan diet changes for people with stage 3 to 5 chronic kidney disease.

Nutrition tips



Lifestyle tips



✓ Find ways to deal with stress

Stress is a problem when we are not sure how to handle an event or a situation.

- Use relaxation techniques like praying, yoga and stretching.
- Make time for daily exercise.
- Talk with a family member, friend or mental health worker about what's troubling you.
- Set goals you can reach.
- Do activities you enjoy like sewing, fishing, going out on the land, listening to relaxing music, reading a book, or watching a calm movie.



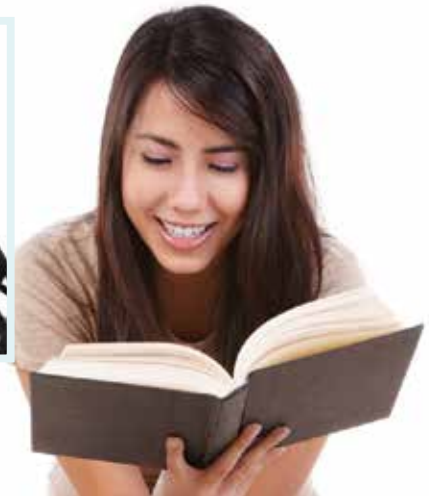
✓ Exercise regularly

- Be active for at least 150 minutes a week.

✓ Take medications given by your nurse or doctor



✓ Follow the lifestyle tips on the *Healthy Living for a Strong Heart* handout



Date _____ Name _____

Healthcare Provider (Name) _____

