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Top tips for a healthier blood pressure

1

Cut down on salt – don't add it and remember to check food labels

2

Eat plenty of fruit and vegetables – at least five portions every day

3

Watch your weight – try to reach the right weight for your height

4

Exercise regularly – that doesn't have to mean the gym, how about a regular lunchtime walk?

5

Drink alcohol in moderation – no more than 3-4 units a day for men and no more than 2-3 units for women

Don't forget - the only way to **Know your Numbers!** is by having regular blood pressure checks, so have your quick, free and painless check today

The Blood Pressure Association - the UK's blood pressure charity

www.bpassoc.org.uk 020 8772 4994

Blood Pressure Association
the blood pressure charity

Registered Charity No.1058944 Registered Company No.03251531