

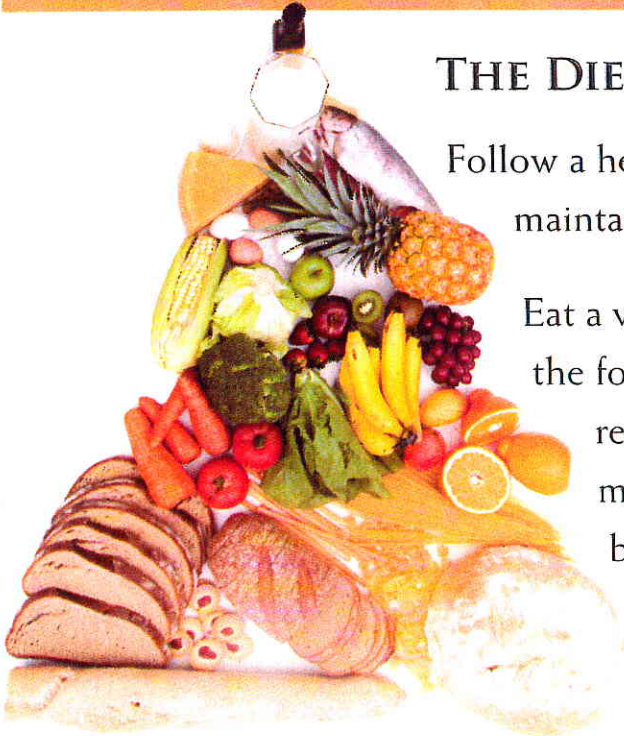
# PREVENT HIGH BLOOD PRESSURE



## THE DIET CONNECTION

Follow a healthy eating plan and maintain a healthy body weight.

Eat a variety of foods from the food groups listed and reduce the amount of red meats, sweets and sugared beverages. Losing 10 pounds can significantly lower your blood pressure.



## REDUCE SODIUM IN THE DIET

Blood pressure rises in two ways. When arteries constrict, a greater resistance to blood flow, and fluid in the cardiovascular system is increased. Sodium can be at the root of each of these problems. Americans are encouraged to eat less than 2,300 mg of sodium daily and to limit or eliminate processed foods. These foods are a primary source of sodium in the diet.



## AVOID OR LIMIT ALCOHOL INTAKE

If you choose to drink, limit your consumption to no more than 1 drink per day for women and no more than 2 drinks per day for a man. A drink is defined as 12 ounces of beer or 5 ounces of wine or 1 ounce of liquor.

Food Group	Servings for a 2,000 Calorie a Day Diet
Grains and grain products	6-11 servings per day
Fruits	4-5 servings per day
Vegetables	3-5 servings per day
Dairy products (low fat or fat-free)	2-4 servings per day
Meats, poultry and fish	3-4 servings per day
Nuts, seeds and dried beans	4-5 servings per week
Fats and oils	2-3 servings per day
Sweets	2 or less a day

## MEET YOUR DAILY VALUE FOR CALCIUM, MAGNESIUM & POTASSIUM

The National Heart, Lung and Blood Institute indicates that together these three minerals can reduce the risk for high blood pressure.

Tips to boost your calcium, potassium and magnesium intake:

- Top a baked potato with cheese, yogurt or cottage cheese
- Top vegetables with grated parmesan cheese
- Add cheese to a burger or sandwich
- Enjoy a carton of yogurt at breakfast, lunch or as a snack. Add fruit and cereal for a yogurt parfait
- Sprinkle cheese on your salads or add a scoop of cottage cheese in place of salad dressing
- Snack on cheese and crackers or fruit and cheese
- Use milk instead of water to prepare cream soups or hot cereal
- Enjoy milk with meals or as a snack
- Try flavored milk
- Combine milk with fresh or frozen fruit



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PE08-1241 R1/09 (2000)

## THE EXERCISE CONNECTION

### Get Physically Active

You probably know that exercise is good for you, but did you know that it can both improve the quality of your life and reduce the risks of developing high blood pressure?

Being physically active is one of the most important things you can do to prevent or control high blood pressure. Regular physical exercise is effective in reducing the relative risk of developing hypertension by 19 to 30 percent.

Before starting a new exercise program, always obtain clearance from your primary care physician.

Keys to a successful exercise program include:

- Consistency over time
- Be patient, start slowly
- Gradually increase the frequency and duration of your exercise
- Don't try to conquer the world the first time out

It doesn't take a lot of effort to become physically active. All you need is 30 minutes of moderate-level physical activity on most days of the week. Examples of such activities are brisk walking, bicycling, raking leaves, and gardening.

### Common Chores

- Washing and waxing a car for 45-60 minutes
- Washing windows or floors for 45-60 minutes
- Gardening for 30-45 minutes
- Wheeling self in wheelchair for 30-40 minutes
- Pushing a stroller 1½ miles in 30 minutes
- Raking leaves for 30 minutes
- Shoveling snow for 15 minutes
- Stair climbing for 15 minutes

### Sporting Activities

- Playing volleyball for 45-60 minutes
- Playing touch football for 45 minutes
- Walking 2 miles in 30 minutes (1 mile in 15 minutes)
- Shooting baskets (basketball) for 30 minutes
- Dancing fast (social) for 30 minutes
- Performing water aerobics for 30 minutes
- Swimming laps for 20 minutes
- Playing basketball for 15-20 minutes
- Jumping rope for 15 minutes
- Running 1½ miles in 15 minutes (1 mile in 10 minutes)

Exercise does not need to be boring, expensive, time-consuming or inconvenient. All that is needed to personalize your fitness plan is a creative and adventurous spirit!

