

# What's the **BIG DEAL** about controlling my blood pressure?

## Small changes make a **HUGE** difference:

Even one lifestyle change I make for my health ...

can decrease my blood pressure by small amounts

and **small** decreases in blood pressure result in **huge** health benefits.

Walking 30 minutes, five days a week

can decrease blood pressure **10 points**

Losing 5–10 lbs. of weight

can decrease blood pressure **5 points**

Quitting smoking (call 1-800-QUITNOW)

can decrease blood pressure **5–10 points**

Limiting sodium (salt) to 1 tsp. (2300 mg.) per day

can decrease blood pressure **2–8 points**

**Every 5 points decrease in blood pressure reduces**

- ◆ risk of stroke by **34%**
- ◆ risk of heart attack by **21%**

**Every 3 points decrease in blood pressure reduces**

- ◆ risk of stroke by **8%**
- ◆ risk of heart attack by **5%**