

Small Steps to Support Healthy Blood Pressure™

Choose one or two areas that fit your life, then build from there.

Blood pressure is influenced by many factors, including genetics and health conditions. Daily habits can support your plan, but they do not replace medication or medical care when those are needed.

1 Build Meals Around Whole Foods



Include vegetables, fruit, beans, whole grains, protein and mostly unsaturated fats. A DASH-style eating pattern may help support blood pressure.

Try: Add one vegetable or fruit to a meal you already enjoy.

2 Notice Where Sodium Adds Up



Most sodium comes from packaged, prepared and restaurant foods, not only the salt shaker. Compare similar products and check serving sizes.

Try: Choose one frequently eaten food and compare labels.

3 Include Potassium-Rich Foods



Beans, lentils, potatoes, leafy greens, yogurt, fruit and other whole foods provide potassium.

Ask before increasing potassium if you have kidney disease or take medication that affects potassium.

4 Move in Ways You Can Repeat



Walking, cycling, swimming, dancing, strength work and shorter movement breaks can all support cardiovascular health.

Try: Add a 10-minute walk or movement break to your day.

5 Protect Sleep & Recovery



Poor sleep, sleep apnea and ongoing stress can make blood pressure harder to manage. Bring persistent sleep concerns to your healthcare provider.

Try: Choose one consistent cue that helps your evening slow down.

6 Review Alcohol, Smoking & Medication



Alcohol can raise blood pressure in some people. Avoid smoking or vaping, and take medication exactly as prescribed.

Try: Ask for support if changing alcohol or tobacco use feels difficult.



Choose Your Starting Step

- | | |
|---|---|
| ☐ Add a whole food | ☐ Support my sleep routine |
| ☐ Compare a sodium label | ☐ Take medication as prescribed |
| ☐ Move for 10 minutes | ☐ Ask for help with alcohol or tobacco |

My step this week: _____

When I will do it: _____

What could make it easier: _____

Keep Checking the Pattern



Measure your blood pressure as directed and share your home record. Do not change or stop medication based on one reading unless your prescriber tells you to.

Very High Reading



If a reading is higher than 180/120 mm Hg, wait at least 1 minute and check again. If it stays that high, contact your healthcare professional. Call 911 if it occurs with concerning symptoms.

Gentle Reminder



Blood pressure care is not a test of willpower. Support, medication and gradual changes can all be part of the plan.

Martine's Midlife Wellness Tip



Pick the step you are most likely to repeat on an ordinary week. Consistency usually begins with making the plan smaller.