

Know Your Numbers

Blood Pressure

Staying healthy is important. That's why regular checkups including tests and exams are so important for you and your family.

During regular checkups, your doctor will most likely perform a few routine tests. When you receive your results, keep track of them, especially your blood pressure, body mass index (BMI), glucose level and cholesterol level. It's important to know your numbers. Here's why:

Blood Pressure

One of the most important things you can do to reduce your risk of a stroke or heart attack is to keep your blood pressure at a healthy level. Ideally, your blood pressure should be lower than 120/80.

Actions you can take to improve your blood pressure:

- Follow the Dietary Approaches to Stop Hypertension (DASH) with a diet rich in fruits, vegetables and low-fat dairy products
- Reduce sodium intake to about 2400 mg per day, and increase potassium intake to about 3500 mg per day
- Reduce alcohol intake
- Maintain a healthy weight
- Identify ways to reduce stress
- Increase physical activity to at least 30 minutes at a moderate level, five days a week



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