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**Ways to Control Your Blood Pressure**

**Text Messages:**

Blood Pressure: Work with your doctor to create a management plan. (66 characters)

Blood Pressure: Reduce your stress – try yoga or breathing techniques. (70 characters)

Blood Pressure: Eat more fruits and vegetables and fewer foods that are high in sodium and fat. (95 characters)

Blood Pressure: Achieve and maintain a healthy body weight. (59 characters)

Blood Pressure: Check your blood pressure regularly. A reading of 120/80 or lower is ideal for healthy adults. (110 characters)