



Tips to Control Your **Blood Pressure**

- Work with your doctor to create a management plan.
- Reduce your stress—try yoga or breathing techniques.
- Eat more fruits and vegetables and fewer foods that are high in sodium and fat.
- Achieve and maintain a healthy body weight.
- Check your blood pressure regularly—a reading of 120/80 or lower is ideal for healthy adults.

Learn more at PacificSource.com/bloodpressure.