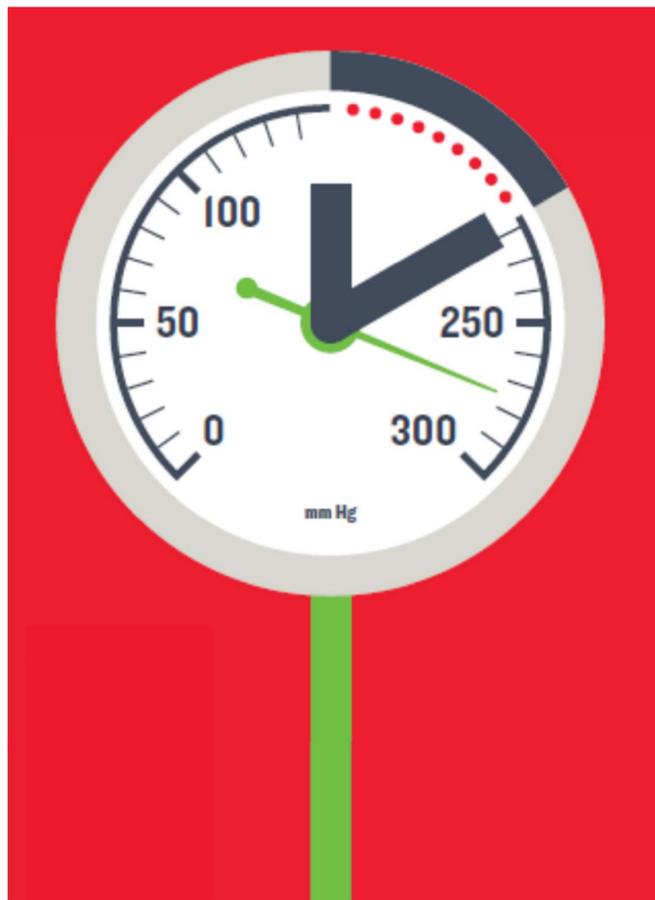


## ABOUT HIGH BLOOD PRESSURE

Your heart is a muscle that pumps blood around your body. **Blood pressure** measures how hard your blood is being pushed through your **arteries**—the tubes that carry blood from your heart to the rest of your body.

Having **high blood pressure** puts extra stress on the walls of your arteries. Over time this can damage them and means they are more likely to get clogged up. **Having high blood pressure means you're much more likely to have a heart attack or stroke.**

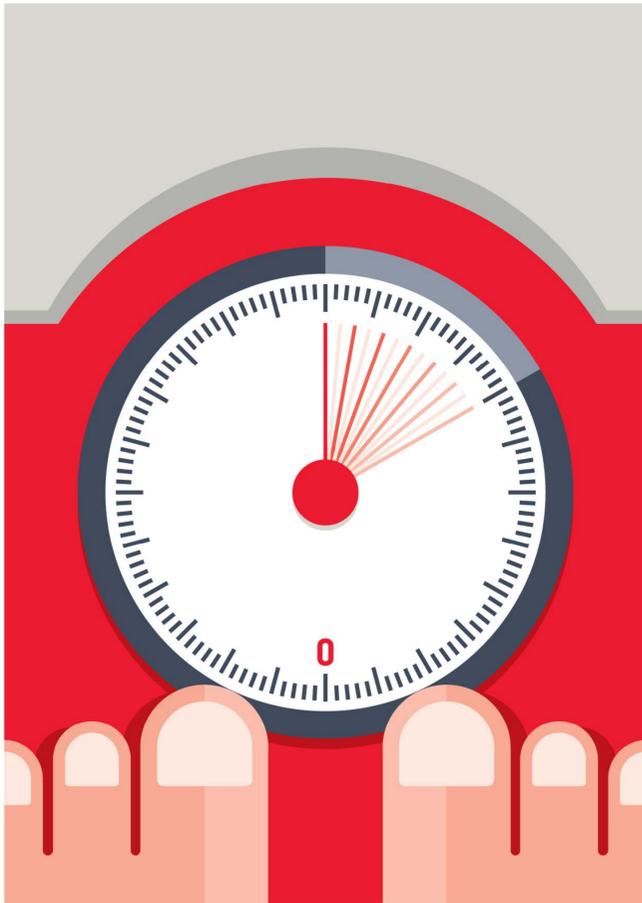


## WHY DO I HAVE HIGH BLOOD PRESSURE

It can be hard to tell what has caused high blood pressure. But we know you're more likely to get it if:

- You're overweight.
- You have too much salt in your diet.
- You don't do enough physical activity.
- You drink too much alcohol too often.
- A close member of your family has high blood pressure.

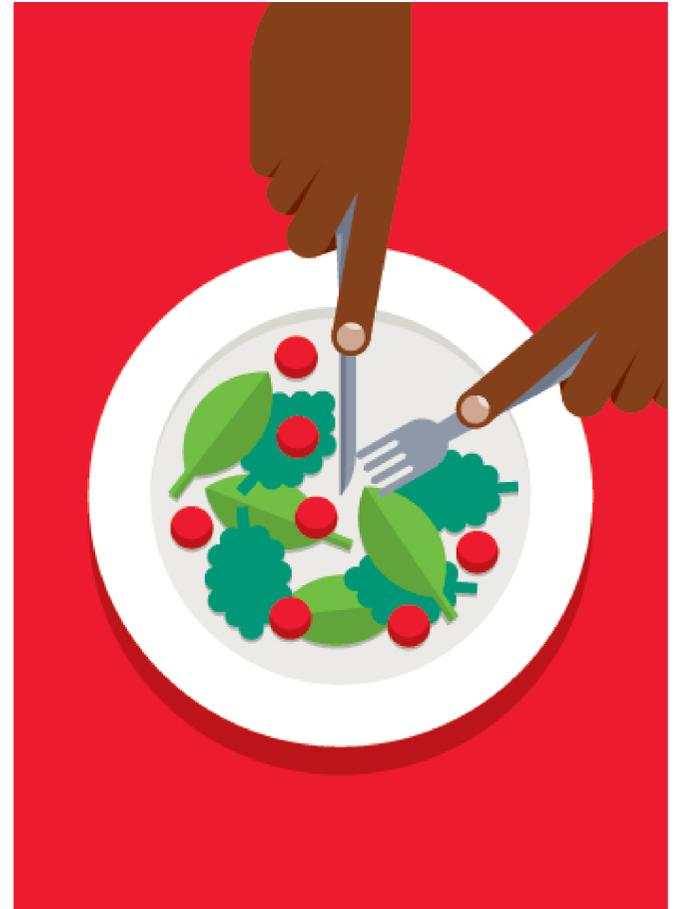
You can't change your family history, but improving your diet and being more active can improve blood pressure.



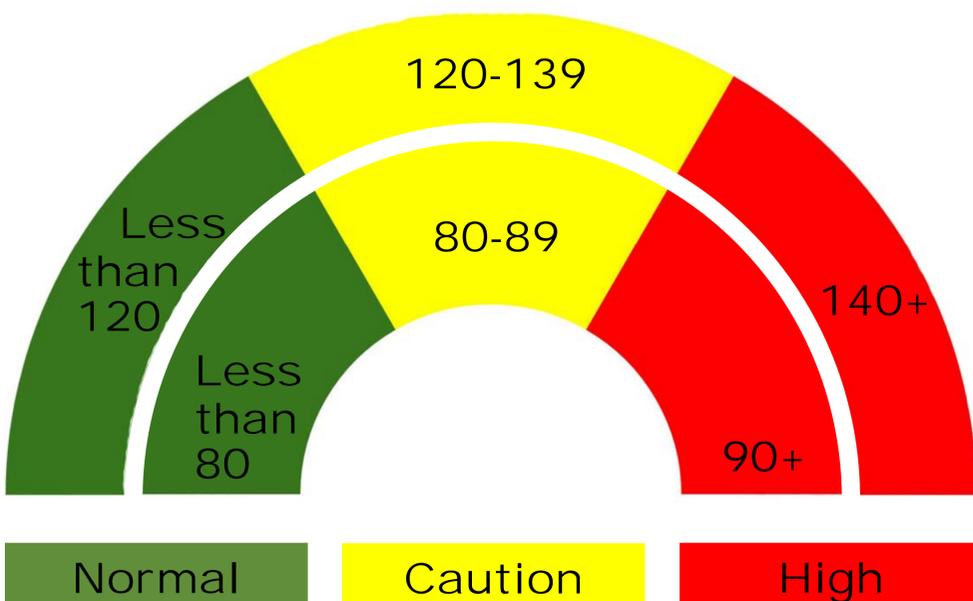
## TACKLING HIGH BLOOD PRESSURE

There are some things you can do to help lower your blood pressure.

- **Eat a diet full of fruit and vegetables** and low in saturated fat and salt.
- **Drink less alcohol.**
- **Be active** for at least 150 minutes a week. This activity should make you feel warmer, breathe harder and make your heart beat faster than usual.
- **Quit smoking.** Smoking causes your arteries to clog up much more quickly.
- **Take medication,** if your provider suggests it, to help control your blood pressure.



## WHERE DOES YOUR BLOOD PRESSURE MEASURE UP?



If either your top or bottom number is in the yellow = caution.  
If either your top or bottom number is in the red = high blood pressure.

## HOW CAN WE HELP?

Family Health Centers has resources to help you manage your high blood pressure.

- Yoga and Zumba classes to help you be more active.
- Programs to learn about your health conditions, like high blood pressure or diabetes.
- Help to coach you through difficult life style changes, like quitting smoking.
- Cooking classes to teach you how to prepare healthy and delicious foods.
- Weight loss support groups.

**QUESTIONS? Your provider is here to help!**



Family Health Centers