

Hypertension: Prevention



Eat a healthy **diet**
(Diet rich in vegetables and fruits)



Exercise regularly
(Exercise atleast 30 min/day)



Worldwide, raised blood pressure is estimated to cause 7.5 million deaths, about 12.8% of the total of all deaths.



Lose weight

(Weight loss is the best medicine for Blood pressure control)



Reduce salt intake

(Only use salt in one meal per day)



Get enough sleep

(Sleep 8 hours in 24 hours)

about 1 in 5 adults with high blood pressure is unaware of it



Say **No** to Smoking and Alcohol



Reduce Stress levels

(Do meditation, yoga, deep breathing exercises and doing something you enjoy)