What’s the BIG DEAL about controlling my blood pressure?

Small changes make a HUGE difference:

Even one lifestyle change I make for my health . . .

- Walking 30 minutes, five days a week
  - can decrease my blood pressure by small amounts
- Losing 5–10 lbs. of weight
  - can decrease my blood pressure by small amounts
- Quitting tobacco (call 1-800-QUITNOW)
  - can decrease my blood pressure by small amounts
- Limiting sodium (salt) to 1,500 mg. per day
  - can decrease my blood pressure by small amounts

and small decreases in blood pressure result in huge health benefits.

Every 5 points decrease in blood pressure reduces:
- risk of stroke by 34%
- risk of heart attack by 21%

Every 3 points decrease in blood pressure reduces:
- risk of stroke by 8%
- risk of heart attack by 5%