


Tips for Lowering Your Blood Pressure

- Follow a healthy eating plan with foods low in saturated fat and cholesterol, and high in fruits and vegetables.
- Take medication, if prescribed. See your doctor regularly.
- Limit your sodium/salt, caffeine and alcohol consumption.
- Don't smoke and limit alcohol consumption.
- Stay physically active.* Activities like brisk walking, biking or gardening will help reduce your blood pressure.

** Always check with your healthcare provider before you make changes to your diet or exercise routine.*

To find a physician, visit inova.org/physicians

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Personal
Blood Pressure Card

Inova Heart and Vascular Institute



Blood Pressure Guide

Blood Pressure Guide	Systolic		Diastolic
Normal	<120	and	<80
Pre-hypertension	120 - 129	and	<80
Hyperstension Stage 1	130 - 139	or	80 - 89
Hypertension Stage 2	140 or higher	or	90 or higher
Hypertensive Crisis <i>(consult your doctor immediately)</i>	180 or higher	and/ or	120 or higher

Blood Pressure History

Date	Blood Pressure	Date	Blood Pressure