Arm	Date	Time	Reading



Managing your blood pressure

Healthy diet

Eat a healthy, balanced diet low in salt and fats, and high in fruits and veggies, whole grains, nuts, seeds and dry beans.

Exercise

Aim for 150 minutes of moderate to vigorous aerobic activity per week. But always talk to your doctor first!

Weight control

Maintaining a healthy weight, or if overweight, losing 5 - 10% of that weight, can improve your blood pressure.

Limit salt

Reduce the amount of salt you eat and cook with to less than 1tsp/5mL of salt a day, or less if you have high blood pressure.

Quit smoking

Reference: Heart and Stroke Foundation



CHECKING **BLOOD PRESSURE**

An at-home guide



Your health care provider may suggest that you start checking your blood pressure at home on a regular basis. It is important that you do so correctly!

Before you check your blood pressure:

- Go to the bathroom if you need to.
- Rest quietly for 5 minutes.
- Sit upright in a chair, feet flat on the floor (not crossed!) and back supported.
- Do not smoke, exercise or drink caffeine for 1 hour before.
- Make sure to put the blood pressure cuff on a bare arm (not over a sleeve).

While taking your blood pressure:

- Do not talk or move.
- Have your arm supported, making sure the cuff is at the level of your heart. A table, desk or arm rest is a good height.
- Make sure the cuff around your arm is3 cm above your elbow.
- Ensure you are in a quiet, non distracting environment.

After you check your blood pressure:

 Write down the value, date, time and the arm you checked on the log sheet (back of this brochure!)

Check in the **morning** before breakfast and in the **evening** (2 hours after supper)

Use the log on the other side!



