Tips for lowering your blood pressure

- Follow the DASH (Dietary Approaches to Stop Hypertension) eating plan, limiting saturated fat, cholesterol, sodium and caffeine while increasing calcium, fruits, vegetables and whole grains
- Take prescribed medications and see your doctor regularly
- Don't smoke and limit your alcohol consumption
- Get active with brisk walking, biking or gardening to reduce your blood pressure*

* Check with your healthcare provider before making changes to your exercise routine.

Find a doctor: Inova.org/Physicians

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Personal blood pressure card

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Blood pressure guide

Blood pressure guide	Systolic		Diastolic
Normal	< 120	and	< 80
Prehypertension	120 - 129	and	< 80
Hypertension stage 1	130 - 139	or	80 - 89
Hypertension stage 2	140 or higher	or	90 or higher
Hypertensive crisis (consult your doctor immediately)	180 or higher	and/or	120 or higher

Blood pressure history

Date	Blood pressure	Date	Blood pressure