



David Fairlamb

THE FIT FACTOR

LIFESTYLE CHANGE

The key to maintaining healthy blood pressure is to make healthy lifestyle choices, such as eating a healthy diet, exercising regularly, managing stress, and avoiding tobacco and excessive alcohol consumption.

FITNESS TIP

Regular exercise can help lower blood pressure by improving the health of your heart and blood vessels. Knowing is one thing, taking action is another – make sure you make the necessary changes.

Don't miss David's tips every Saturday in your Journal

HIGH blood pressure, also known as hypertension, is a significant health concern affecting millions of people worldwide. It is often called the silent killer because there are usually no obvious symptoms until it has reached a critical stage.

Regular blood pressure checks are essential to detect and monitor hypertension early and reduce the risk of serious health problems such as heart attack, stroke and kidney disease.

The American Heart Association recommends that everyone over the age of 20 should have their blood pressure checked at least once every two years.

What you can do to lower high blood pressure?

Diet

Eating a healthy, balanced diet is essential for maintaining healthy blood pressure. A diet rich in fruits, vegetables, whole grains, and lean protein can help lower high blood pressure, while limiting your intake of processed foods, saturated fats, and salt can also make a significant difference.

Exercise

Regular physical activity can help lower

Make sure you exercise to continue the quality of life you enjoy

Motivational Quote of the Day

blood pressure by improving the health of your heart and blood vessels. Try to aim for at least 150 minutes of moderate intensity exercise or 75 minutes of more intense exercise per week.

Quit smoking

Smoking increases blood pressure and damages the lining of blood vessels, leading to the hardening of the arteries. Quitting smoking can significantly lower blood pressure and reduce the risk of heart disease and stroke.

Manage stress

Chronic stress can increase blood pressure, so it's essential to manage stress through relaxation techniques such as meditation, deep breathing, or yoga.

Medications

In some cases, medications may be necessary to control your blood pressure. Your doctor may prescribe medications such as diuretics, beta-blockers, or ACE inhibitors to help lower blood pressure.

How can you raise low blood pressure?

Increase sodium intake

In some cases, low blood pressure may be caused by low sodium levels in the body. Increasing your sodium intake through foods such as salty snacks or electrolyte drinks can help.

Stay hydrated

Drinking plenty of fluids, particularly water, can help increase blood volume and raise your blood pressure.

Exercise

Exercise can help raise blood pressure by improving heart health and increasing blood volume. Strength training and resistance exercises can be particularly effective.

Medication

If low pressure continues consult your doctor as medication may need to be prescribed for you.



> Regular blood pressure checks can detect serious health problems