

REDUCE YOUR BLOOD PRESSURE

TIPS TO LOWER YOUR BLOOD PRESSURE

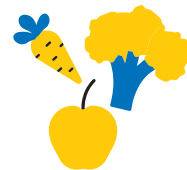
Get your blood
pressure checked



Maintain
a healthy weight
and keep active



Eat more fruit
and veg; and less
salt in your diet



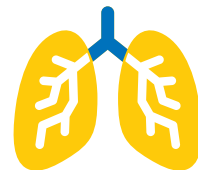
Try different ways
to cope with stress



Drink less alcohol
and caffeine

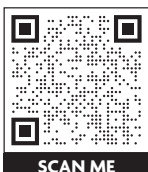


Give up smoking



Did you know that you can have high blood pressure without even knowing it?
High blood pressure can cause heart disease and stroke.

And if you have diabetes, you're more likely to have high blood pressure.



Find out where to get your FREE blood pressure check at
www.wellnewham.org.uk/advice/blood-pressure

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