**Hypertension**

**High :**

1. **Measure your blood pressure.**
2. **Take your medicine .**
3. **Eat fruits and vegetables more than five times a day .**
4. **Eat a little salt .**
5. **Follow diet according to your doctor’s orders .**
6. **Drink plenty of fluids .**
7. **Do some exercise .**

**Low :**

1. **Measure your blood pressure .**
2. **Take your medicine .**
3. **Increase or decrease the amount of caffeine depending on medical advice .**
4. **Follow diet according to your doctor’s orders .**
5. **A diet should contain a high proportion of salt is sold.**
6. **Drink plenty of fluids, at least eight cups per day .**
7. **Do some exercise**