

[HOW DO YOU PREVENT HIGH BLOOD PRESSURE](#)



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Prevent high blood pressure, also called hypertension, by eating healthy foods, exercising regularly, maintaining an appropriate weight, and avoiding cigarettes and alcohol, explains the Centers for Disease Control and Prevention. Reducing salt intake and minimizing stress can also prevent blood pressure from rising, notes WebMD.

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How to Prevent High Blood Pressure

If you think you're at a higher risk of developing high blood pressure due to your age, family history, race or gender, then you should start adopting preventive strategies as soon as you can, so you can take control of the modifiable factors that may cause hypertension.

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Being overweight or having obesity increases your risk for high blood pressure. Maintaining a healthy weight can help you control high blood pressure and reduce your risk for other health problems. Limiting alcohol. Drinking too much alcohol can raise your blood pressure. It also adds extra calories, which may cause weight gain.

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3 Ways to Avoid High Blood Pressure wikiHow

Certain nutrients have been found to help prevent high blood pressure: potassium, calcium, magnesium, and omega-3s. There is no need to take supplements of these nutrients if you have a well-balanced diet. Potassium: Good sources of potassium include winter squash, sweet potatoes, and yogurt.

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