Build a lifestyle that helps lower your blood pressure—one habit at a time

You don’t need a complete overhaul to control blood pressure. Small, daily choices—done consistently—make the biggest difference.

**Start with your plate.** Cutting down on salt is one of the most effective ways to lower BP. Choose fresh foods over packaged ones, cook with less salt, and season with herbs or lemon. Add plenty of fruits, vegetables, whole grains, and potassium-rich foods like bananas, spinach, and dal.

**Move your body.** Aim for at least 30 minutes of activity most days. A brisk walk, light yoga, dancing, or even housework counts. Movement helps blood vessels relax and circulation improve.

**Watch your weight.** Losing just 5–10% of extra weight can significantly reduce blood pressure.

**Limit what harms.** Cut down alcohol, avoid tobacco, and reduce caffeine. Every small reduction lowers your risk of heart attack, stroke, and kidney disease.

**Manage stress.** Mindfulness, rest, or enjoyable activities calm your body. Even 5 minutes of deep breathing can bring numbers down.

**Go step by step.** Don’t change everything at once. Pick one habit this week and build from there. Small, steady steps last longer—and work better—than quick bursts.

You already have the tools. The first step is simply to begin.