

Are You at Risk for High Blood Pressure?

Do you know what the risks are of high blood pressure? How do you know if you are at risk? There are many different causes for high blood pressure. In this article you will find out if you are at risk and how you can help prevent and control your high blood pressure.

Your blood pressure is high if it is over 120/80, which is the normal level of blood pressure. There are many everyday lifestyle habits that raise your pressure that you might not be aware of. One of those is being overweight. If you are overweight you are at a greater risk of developing high blood pressure.

Try to start a healthy diet or start exercising. Even losing a measly ten pounds can help you drastically and keep your blood pressure normal. Physical inactivity is also another lifestyle habit that causes many Americans to develop high blood pressure.

If you are not very physically active, consider starting to be. You can easily adapt exercise to your everyday routine; you just have to plan it out. Try to do at least thirty minutes of exercise a day. This will help lower or control your blood pressure.

Many people are not concerned with what they eat, yet they want to be healthy. These two do not go together. If you want to stay healthy, you have to watch what you eat. Having unhealthy eating habits can cause high blood pressure as well. Try to eat less salt or sodium and more vegetables and fruits.

Using tobacco products is a great risk for developing high blood pressure. Smoking is a very common habit among the world and many of these people might have high blood pressure and not even know it. There are many ways to help rid the habit of nicotine or use of any tobacco product.

Every one is stressed at some point during their lives. You might be stressed every day or just once in awhile. Whatever the case may be, you can still develop high blood pressure through stress. If you find yourself stressed more often than not, consider some relaxation techniques. Meditation is a great way to start. If this doesn't work, consider something different.

Drinking alcohol also causes high blood pressure. Do you drink quite a bit? More than two drinks for a man and more than one for a woman can raise their blood pressure. If you drink more than this, consider cutting back. Once again, if you are addicted to drinking, or smoking, you can find many ways to help you quit.

These are very common lifestyle habits that cause high blood pressure. If you

are at risk for high blood pressure or already have it, consider purchasing a home blood pressure monitoring device. This can help ensure that whatever habits you are changing or modifying are working.

Sometimes this change is not enough. You might have to use medication or incorporate medication with your exercise routine, etc. The best way to know this is to visit your doctor. Ask any and all questions you might be concerned about. They will happy to assist you in helping you have a healthier and active lifestyle.