

Blood Pressure Control = Health Control

Do you realize by taking control of your blood pressure you can also take control of your health? Who doesn't want to have a healthy and long life? Taking care of your body can help ensure you get to endure that long healthy lifestyle you want.

You should be receiving regular blood pressure checks at your regular doctor visits. If you want to check it more often than you go to the doctor, you can purchase a home device that lets you monitor your blood pressure. There are different kinds to choose from.

Two of those are the aneroid and digital monitor. There are ups and downs to both monitors so you want to choose which one is best for you. The aneroid monitor uses a pointer to let you read your blood pressure. The digital monitor displays your reading on a screen which makes it easier to read.

The aneroid monitor is cheaper than the digital but requires more work from you. Check them out and even discuss with your doctor which one might be better for you. Once you purchase it, have your doctor show you how to effectively use it.

Among taking your own blood pressure readings, you can double check your lifestyle habits. Are you on a healthy diet? Eating healthy will help keep your blood pressure low and normal. Cut back on salt and sodium if you can't get rid of it altogether. Opt for seasonings instead.

Introduce more vegetables and fresh fruits into your diet. Once you become used to eating certain foods, it will be easier to do it every day. Before you know it you will be in the habit of eating healthy foods and won't think twice before doing so.

If you use tobacco or drink excessive amounts of alcohol try to cut back or refrain completely. These will raise your blood pressure putting you at more risk for a stroke or heart disease.

If you cannot quit these on your own there are plenty of resources and medications to help you. Talk with your doctor about the best way to go about quitting.

Would you consider yourself at a healthy weight or overweight? Overweight people are more prone to developing high blood pressure and if this is your case, try to lose at least ten pounds. You should see results in your blood pressure as well as the way you feel.

If you are not already regularly physically active, try to do at least thirty minutes of physical activity or exercise every day. This will help lower your blood pressure as well as make you feel a whole lot better.

If you find yourself lacking motivation to do some of these things, talk with a friend or relative that could buddy up with you. Having someone to exercise with or take on a challenge such as quitting smoking or drinking can help drastically.

Having high blood pressure puts your health at risk and that alone should be motivation but to some it isn't. Do not be discouraged, there are many ways to help lower your blood pressure.

If these lifestyle changes do not help, consider medication. There are many different kinds of blood pressure medications and sometimes they need to be combined with a healthy lifestyle to work more effectively.

If you have questions or concerns about your blood pressure talk with your doctor. Let them know what you want and they can help find the way that is best for you to control or maintain your blood pressure letting you control your health as well.