

Tips for Controlling Your Blood Pressure

Do you have high blood pressure or at risk to develop high blood pressure? If so do not be discouraged, there are ways of controlling and lowering your blood pressure without medication. Simple lifestyle habits are the most common causes for high blood pressure and easily helped.

Keep in mind that sometimes everything you try may not work. You might have to have the help of medication along with your healthier lifestyle. Talk with your doctor first. They will be able to assist you with the best option for your lifestyle.

The first thing you can do is achieve a healthy weight if you aren't already. Being overweight is a great risk for developing high blood pressure. You can avoid this by watching your diet and reaching your healthy weight.

If you are unsure of what your healthy weight should be, you should talk to your doctor. You can even find a site online that lets you calculate your BMI (body mass index) and this will tell you what your healthy weight is.

Exercising should be a normal part of your lifestyle. Not everyone enjoys exercising and even if you are one of those people, you can still add it to your every day routine. Only thirty minutes a day of exercise will greatly decrease your risk of high blood pressure.

If you cannot set aside thirty minutes at one time, do ten minutes at a time. This is just as effective and you can get thirty minutes in your day quicker and easier than you thought. You can walk or run or whatever you like.

Your diet plays a major role in your blood pressure levels as well. A high intake of salt and sodium can greatly increase your risks. Try to limit yourself on salt and sodium intake and have your doctor advise you on the recommended amount according to your blood pressure levels.

Using herbs and spices in place of salt is a great way to reduce your salt intake. When you go out to eat somewhere, suggest 'no salt' or ask if they add salt so you know if you should or not. Many people consume tons more salt than they really should and do not even know it.

Stress plays a big role in high blood pressure and unfortunately many people suffer from stress. The best way to help your own is by finding a relaxation technique that works best for you. Try meditating, or something that has always relaxed you before. Let the stress of the day leave you and enjoy your stress

free time. Take as long as you want to do this.

While trying to change your lifestyle habits, try to keep a record as well. Grab a notebook or journal and write down what you did and check your blood pressure often. Note if it is making a difference or staying the same.

If lifestyle changes do not help as much as you would like, you might consider talking with your doctor about taking medication. Sometimes lifestyle changes alone aren't as effective unless used with medication. Talk with your doctor about any concerns you might have and they can help decide what is best for you.