

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



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Drinking alcohol in moderation, if at all: Drinking too much alcohol can raise your blood pressure. To help prevent high blood pressure, limit how much alcohol you drink to no more than two drinks a day. The "Dietary Guidelines for Americans" recommends that for overall health, women should limit their alcohol to no more than one drink a day.

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even if you have many risk factors, there are steps you can take to prevent high blood pressure: * keep your weight at a healthy level. you can accomplish

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Preventing High Blood Pressure Hypertension Healthy

If you know your weight and height, you can calculate your BMI at CDC's Assessing Your Weight Web site. Doctors sometimes also use waist and hip measurements to measure excess body fat. Physical Activity. Physical activity can help you maintain a healthy weight and lower your blood pressure.

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High blood pressure hypertension Prevention NHS

Alcohol is also high in calories, which will make you gain weight and can further increase your blood pressure. Find out how many calories are in popular drinks. Lose weight. Being overweight forces your heart to work harder to pump blood around your body, which can raise your blood pressure.

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How to Prevent High Blood Pressure MedlinePlus

Many people have high blood pressure, or are at risk for it. Learn how you may be able to prevent or treat it, with simple, healthy lifestyle changes.

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6 Ways to Prevent Hypertension Everyday Health

Drinking too much alcohol can lead to high blood pressure. For women, that means no more than one drink a day, and for men, no more than two. Monitor your blood pressure. Make sure that you have your blood pressure measured regularly, either at your doctor's office or at home.

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