

[HOW DO I 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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How Do You Prevent High Blood Pressure Reference com

Learning to manage stress can also prevent high blood pressure, as stress can contribute to the condition over time, according to WebMD. If alcohol is consumed at all, using moderation is necessary.

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6 Ways to Prevent Hypertension Everyday Health

Get moving to prevent hypertension. "Physical activity is crucial," says Ogedegbe. The more exercise you get, the better, but even a little bit can help control blood pressure. Moderate exercise for about 30 minutes three times a week is a good start. Limit the alcohol. Drinking too much alcohol can lead to high blood pressure.

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High blood pressure hypertension Prevention NHS

Find out about the lifestyle changes you can make to prevent and reduce high blood pressure.

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