What can help me control my hypertension?

Free apps:

-Shopwell: for the grocery store

-healthyout: for going out to eat

-calorie counter and food diary by MyFitnessPal: for exercise and diet

Smoking Cessation: 802QUITS

-call 1-800-QUIT-NOW or go online to 802quits.org

-Local Vermont Quit Partner at Northwestern Medical Center (http://802quits.org/in-person-quit-help/find-a-vermont-quit-partner/)

Cheapest Local Gym= Planet Fitness in St. Albans ($10/month)

HYPERTENSION

Local and cost effective ways to help decrease your blood pressure

What's the big deal with high blood pressure?

High blood pressure, otherwise known as hypertension, can cause many problems in your body.

-High blood pressure increases your risk of stroke, heart attack, heart failure, and kidney disease

What can I do to prevent these problems?

-diet/exercise

-weight loss

-quit smoking

-take your blood pressure at home (cuffs can be found from $13 and up at pharmacies)

Exercise:

-try to do "moderate" physical activity for 30 minutes a day, 5 days a week

What does moderate exercise include?

-walking, biking, walking upstairs, jogging, swimming,

Food Choices

DASH diet (Dietary Approach to Stop Hypertension):

-What are some DASH diet foods?

Fruits and vegetables

Low-fat/nonfat dairy foods

Whole grains

Fish, poultry, nuts

Low sodium (salt) diet:

-What does low sodium mean?

Low sodium is less than 2,300mg (2.3 grams) of sodium daily

What foods should I stay away from?

-**Top 10** high salt foods: bread, deli meats, pizza, processed poultry (turkey and chicken), soups, sandwiches, cheese, pasta dishes, chips, and pretzels