

## Useful tips for Maintaining Healthy Blood Pressure Levels

Nearly 1 in 3 American adults have high blood pressure. High blood pressure is especially dangerous because it often gives no warning signs or symptoms. Fortunately, you can find out if you have high blood pressure by having your blood pressure checked regularly. If it is high, you can take steps to lower it. Just as important, if your blood pressure is normal, you can learn how to keep it from becoming high.

### *Recalling the Basics: What Blood Pressure Is Considered Too High?*

A blood pressure of **140/90** or higher is considered high. This is called **hypertension**.

A blood pressure between **120/80** and **139/89** is called **prehypertension**. This means that you do not have hypertension, but you are likely to develop it in the future unless you adopt lifestyle changes to keep your blood pressure under control.

Blood pressure less than **120/80** is **normal**.

### **How Can I Prevent High Blood Pressure?**

You can prevent high blood pressure by:

Maintaining a healthy weight. Lose weight if you are overweight.

[Exercising more.](#)

Eating foods low in salt.

Eating healthy foods like fruits and vegetables.

Drinking alcoholic beverages in moderation, if you drink at all.

These changes are also recommended for treating high blood pressure, although medicine is often added as part of the treatment

If you would like more information visit: [www.webmd.com](http://www.webmd.com) Key Word: Blood Pressure or paste the following link into your search

[http://www.webmd.com/content/pages/9/1675\\_57835.htm](http://www.webmd.com/content/pages/9/1675_57835.htm)

**Blood Pressure Monitors, Weight Scales and BMI Charts are stationed in the following areas for you to check your pressure and weight regularly:**

**2<sup>nd</sup> Floor East Wing-** The Learning Center

**1<sup>st</sup> Floor West Wing-**Affirmative Action

**Tower Ground Floor-**Mailroom

**Annex-**Break room-2<sup>nd</sup> Floor

**Annex-** Cooperative Extension-weight scale

**CPD-** Property & Evidence Department

**Civic Center-** Conference Room

**METRA-** Break room

**Muscogee County Prison-** Break Room

**Public Services-**Fleet Yard

**Parks and Recreation-**Fox Senior Center, Frank Chester Senior Center, Gallops Senior Center

**Trade Center-** First Aid Room, Ground Floor