

## What is High Blood Pressure ?



When you have High Blood Pressure it can cause problems with your health.

What can you do to help keep your blood pressure lower?



Do not smoke as this can cause heart disease and cancer.



If you are overweight it can put a strain on your heart.  
Try to lose weight



Eat fruit and vegetables everyday.  
Try to cut down on how much salt you eat and do not drink too much alcohol.



Do more exercise such as walking, dancing, swimming . Do not do too much, take it slowly .  
It can also help you lose weight.

**If you would like to know more about blood pressure ask your GP**