



# HYPERTENSION

## HIGH BLOOD PRESSURE

70% OF AMERICANS ARE AT RISK FOR HYPERTENSION

### Risk Factors:

Obesity  
High Salt Diet  
Low Physical Activity  
Alcohol Consumption  
Aging  
Low Sleep Quality

NORMAL BLOOD PRESSURE IS

**120/  
80**



### PREVENT HYPERTENSION BY



- Increase physical activity
- Eat less red meat
- Eat at home more than eating out
- Use less salt
- Eat more fruits and vegetables
- Replace packaged snacks with fresh foods and whole grains

