

Measures to Prevent High Blood Pressure

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Introduction

Practice healthy living habits, like being physically active, to assist prevent high vital sign. By living a healthy lifestyle, you'll help keep your vital sign during a healthy range. Preventing high vital sign, which is additionally called hypertension, can lower your risk for heart condition and stroke. Practice the subsequent healthy living habits

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Eat a Healthy Diet

Choose healthy meal and snack options to assist you avoid high vital sign and its complications. Make certain to eat many fresh fruits and vegetables.

A couple jogging through a park

Talk together with your health care team about eating a spread of foods rich in potassium, fiber, and protein and lower in salt (sodium) and saturated fat. For several people, making these healthy changes can help keep vital sign low and protect against heart condition and stroke.

The DASH (Dietary Approaches to prevent Hypertension) eating plan external icon may be a healthy diet plan with a proven record of helping people lower their vital sign.

Keep Yourself at a Healthy Weight

Having overweight or obesity increases your risk for top vital sign. To work out whether your weight is during a healthy range, doctors often calculate your body mass index (BMI). If you recognize your weight and height, you'll calculate your BMI at CDC's Assessing Your Weight website. Doctors sometimes also use waist and hip measurements to assess body fat.

Talk together with your health care team about ways to succeed in a healthy weight, including choosing healthy foods and getting regular physical activity.

Be Physically Active

Physical activity can help keep you at a healthy weight and lower your vital sign. The Physical Activity Guidelines for Americans external icon recommends that adults get a minimum of 2 hours and half-hour of moderate-intensity exercise, like brisk walking or bicycling, hebdomadally. That's about half-hour each day, 5 days every week. Children and adolescents should get 1 hour of physical activity a day.

Do Not Smoke

Smoking raises your vital sign and puts you at higher risk for attack and stroke. If you are doing not smoke, don't start. If you are doing smoke, quitting will lower your risk for heart condition. Your doctor can suggest ways to assist you quit.

For more information about tobacco use and quitting, see CDC's Smoking and Tobacco Use internet site.

Limit what proportion Alcohol You Drink

Do not drink an excessive amount of alcohol, which may raise your vital sign. Men should haven't any quite 2 alcoholic drinks per day, and ladies should haven't any quite 1 alcoholic drink per day. Visit the CDC's Alcohol and Public Health website for more information.

Get Enough Sleep

Getting enough sleep is vital to your overall health, and enough sleep is a component of keeping your heart and blood vessels healthy. Not getting enough sleep on a daily basis is linked to an increased risk of heart condition, high vital sign, and stroke. Visit CDC's Sleep and Sleep Disorders website for resources on the way to recover sleep.

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