

# Tips for lowering blood pressure

1

Exercise daily, maintain a healthy weight



Eat a healthy diet

2

3

Minimise salt and alcohol

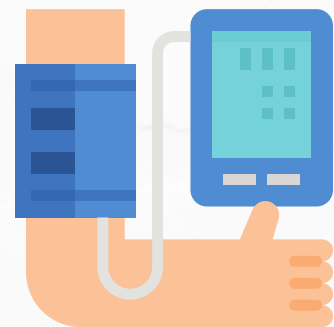


Take blood pressure medications every day

4

5

Have your BP measured regularly



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