

DrSonia Patient Handout
Lifestyle changes for high blood pressure

Focus on small, steady changes that lower blood pressure.

Daily steps

- Limit salt and packaged foods.
- Move most days (aim for 150 minutes per week).
- Maintain a healthy weight and waist size.
- Limit alcohol and avoid tobacco.
- Track home blood pressure if advised.

When to seek help

- Very high readings with symptoms, chest pain, or severe headache.
- New shortness of breath or weakness.

Source: Hypertension Canada

Educational use only; not medical advice.