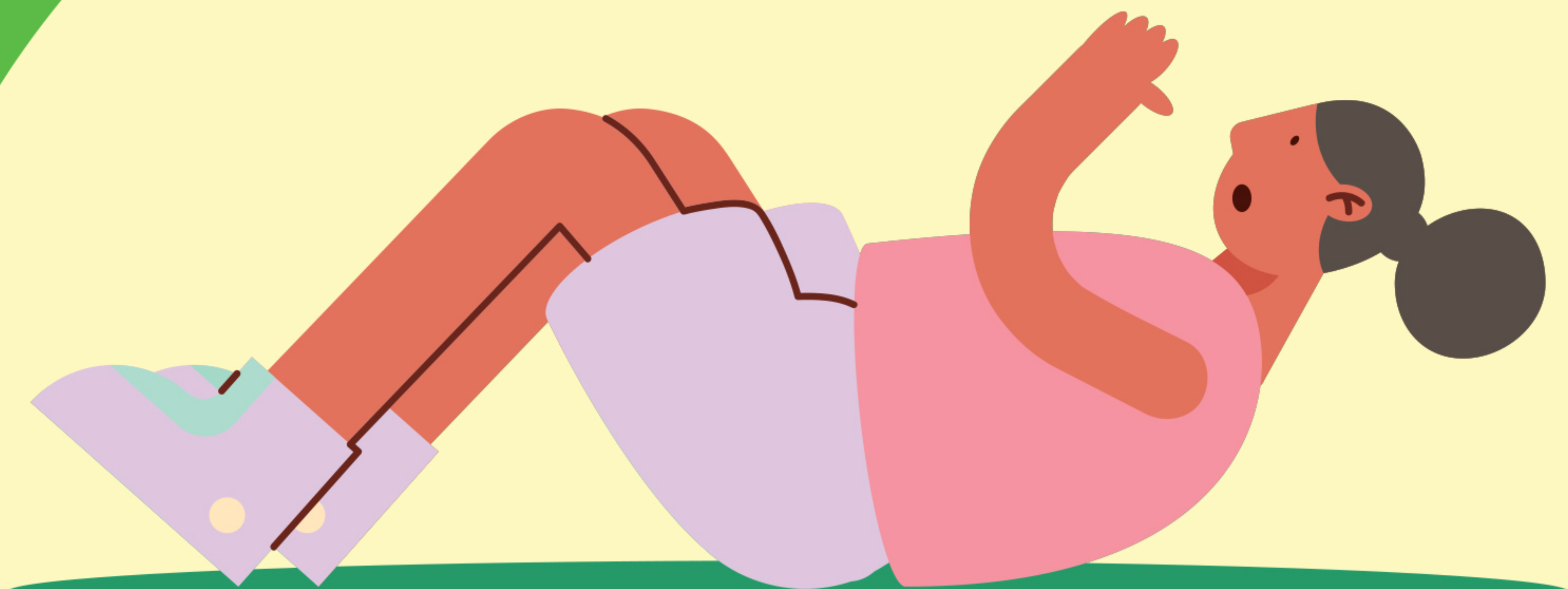


How to keep a check on your blood pressure?



Exercise

Aerobic exercise improves blood circulation, which lowers blood pressure and heart rate. Go for a 30-minute walk, run, or swim a few times a week.



Manage stress

Stress constricts blood vessels. Start with 5-minute mindful meditation and breathing exercises two times a day to help regulate stress hormones and blood pressure.



Go for potassium

Potassium-rich foods help lower blood pressure. Include bananas, potatoes, spinach, beans, tomatoes, watermelon, and dry fruits in your diet.



Limit caffeine

Cut-down coffee intake. Too much caffeine tightens the blood vessels, which increases blood pressure.



Maintain healthy weight

Reducing weight helps lower blood pressure. Exercise and eat right to keep body mass index (BMI) and waist circumference in the healthy range.



Regularise your sleep

Give your heart enough rest with a good night's sleep. Maintain a healthy sleep routine by going to bed and waking up at the same time every day.



Kick the butt

Smoking clogs the arteries and increases the risk of stroke or heart attack. Stop reaching for your cigarette and start focusing on building healthy habits.



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