

TACKLING HIGH BLOOD PRESSURE

YOUR GAME PLAN TO PREVENT AND REVERSE HIGH BLOOD PRESSURE!



UNDERSTANDING HIGH BLOOD PRESSURE:

- Hypertension (high blood pressure) is a cardiovascular condition where the force of blood against the artery walls is high.
- By addressing the cause of high blood pressure and by making lifestyle behavior changes such as consuming a plant-based diet, managing stress better, and moving more, you can naturally lower your blood pressure.

LIVE BETTER - TAKE RESPONSIBILITY FOR YOUR HEALTH:

- Eat well by focusing on filling your plate with a variety of unprocessed colorful fruits, vegetables, whole grains, and legumes.
- Eat the rainbow by eating 8-10 servings of colorful unprocessed fruits and vegetables daily.
- Moderate sodium intake by cooking at home and avoiding processed foods and animal-based foods.
- Avoid/limit animal products by substituting in protein-rich, plant-based alternatives such as beans, legumes, and tofu foods for meat.
- Make your fat intake count by avoiding trans-fat, saturated fat, and cholesterol and get your fat from plants, nuts and seeds.
- Drink at least 8 cups of water per day.
- Avoid caffeine.
- Reach and maintain a healthy weight through being less sedentary, getting quality sleep, and eating plant-based meals.
- Move more and incorporate enjoyable physical activity and exercise into lifestyle.
- Avoid tobacco by planning to quit smoking and following through with it.
- Avoid drugs and alcohol by finding alternative ways to cope.
- Manage your stress response and respond appropriately. Important and controllable: act. Important and uncontrollable: accept and positively cope.
- Aim for sleeping 7-9 hours per night.

LEAD BY EXAMPLE - KNOW THE WAY, GO THE WAY, SHOW THE WAY:

- Create consistent daily habits and routines to continue making improvements during your journey
- Build a healthy and positive environment to maintain your achievements
- Make being healthy a permanent aspect of your lifestyle and others will see and follow.

ACT NOW – SUCCESS HAPPENS DAILY, NOT IN A DAY:

- Join our complementary school: <https://liveandlead.teachable.com/>
- Learn more about the topic through our free course: <https://liveandlead.teachable.com/p/understandbloodpressre>
- Commit to your health and register for our low-cost course: <https://liveandlead.teachable.com/p/tackling>
- Transform your health through our 12-week group coaching: <https://liveandlead.teachable.com/p/live-lead-coaching>

MY PLAN TO LIVE BETTER & LEAD BY EXAMPLE...

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