Lifestyle tips to manage your blood pressure

Healthy choices matter
We’ve all read the headlines. A life filled with healthy choices does your body — and blood pressure — good. In fact, you may be able to cure high blood pressure with lifestyle changes alone.

How to get started
You can take steps today to manage your blood pressure. Here are the basics:

• Exercise regularly.
• Stay at a healthy weight.
• If you smoke, quit.
• Stress less.

Let’s walk through some healthy tips together.

Move around
Exercise is for everyone, whether or not you need to lose weight. It widens your arteries, which eases blood flow.

So aim for physical activity at least 5 days a week, 30 minutes each time.

Fill up on healthy foods
We all have cravings. But to keep your pressure down, try filling up on fruits, vegetables and whole grains instead. And eat fewer foods high in fat, cholesterol and salt.

Think before a drink
If you drink alcohol, go for small amounts. For men, that’s no more than two drinks per day. And for women, that’s no more than one.

Examples of one drink include 12 ounces of beer or 4 to 5 ounces of table wine.

Say no to smoking (and stress)
Quitting smoking is one of the best things you can do to beat high blood pressure.

And while we can’t always “quit stress,” we can take steps to reduce it. This can lower blood pressure, too.

Your doctor is your best resource
He or she can work with you to control your blood pressure — whether it’s discussing lifestyle changes or medicine options.

So keep up with your regular checkups. Your doctor can help you stay on track.

Learn more ways to manage your blood pressure at www.intelihealth.com.


Aetna is the brand name used for products and services provided by one or more of the Aetna group of subsidiary companies, including Aetna Life Insurance Company and its affiliates (Aetna).

This message is for informational purposes only, is not medical advice and is not intended to be a substitute for proper medical care provided by a physician. Information is believed to be accurate as of the production date; however, it is subject to change. For more information about Aetna plans, refer to www.aetna.com.