Everyday ways to battle high blood pressure

1. Lose extra weight. Losing just 10 pounds can help reduce your blood pressure!

2. Get moving. Fit in at least 30 minutes of exercise, whether it's going for a walk or mopping the kitchen.

3. Eat healthfully. Choose a variety of fruits, vegetables, whole grains and high-fiber foods.

4. Skip the salt. Limit salt intake to less than 1,500 mg a day.

5. Limit alcohol. No more than one drink per day for women and two drinks per day for men.

6. Reduce stress. Allow yourself time to relax each day.

7. Take medications as directed. Be sure to follow your doctor's instructions and see your doctor or pharmacist with any questions about your medications.

8. Check your blood pressure. Monitor your blood pressure at home with a blood pressure monitoring device and go in for regular checkups with your doctor.

Having high blood pressure puts you at greater risk for stroke, heart attack, heart disease and kidney failure. The good news is that small efforts in everyday life can help you control blood pressure.

Source: Mayo Clinic