

HOW MUCH CAN HEALTHY DECISIONS LOWER YOUR BLOOD PRESSURE?

Average Reduction	Method
5-20 MMHG	Weight loss and BMI under 25.0
8-14 MMHG	DASH Diet or High Fruit, High Vegetable, Low Fat
2-8 MMHG	Reduce sodium to under 2.4g per day
4-9 MMHG	30 minutes of aerobic activity 4 times per week
2-4 MMHG	Limit alcoholic drinks to 1 per day max in men or 1 per day max in women

Source: <https://www.aafp.org/pubs/afp/issues/2006/0601/p1953.html>

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