



BlueCross BlueShield of New Mexico



BlueResourceSM – Controlling Your Condition – Preventing Stroke

Smart Ways to Lower Your Risk for Stroke

How do you reduce your chance of a stroke? By striking at its leading cause—high blood pressure. Most people don't even know their blood pressure level. By taking positive steps to keep yours in check, you could help control one of the biggest risk factors for stroke.

Here are ways to keep yours in the sweet spot.

Know your numbers. Normal blood pressure is 120 mm Hg systolic and less than 80 mm Hg diastolic (<120/80). If yours is high, take action to lower and control it.

Eat to live longer. You don't have to give up all your favorite foods. Just avoid the junk, cut back on salt and sugar and fuel up on fresh, nutrient-rich foods your body loves.

Stay active. Only 150 minutes of moderate aerobic activity each week helps fend off high blood pressure and heart disease.

Stress a whole lot less. Deep breathing, meditation, time enjoying nature and even talking with a friend are great ways to shake off stress.



You have the power to lower high blood pressure.

Source: *High Blood Pressure and Stroke*. American Stroke Association. 2018.

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