**Healthy blood pressure: ✓**

Living a healthy life means having a healthy blood pressure. If your blood pressure is too high, you increase your risk for a range of health complications including stroke and kidney disease.

That’s why we recommend a Vitality Health Check every year – so that you become more aware of your blood pressure and can spot any warning signs before it becomes an issue. (TOP TIP: blood pressure is written as two numbers and a ‘good’ blood pressure reading is normally written as around 120 over 80).

**So, what if your blood pressure is too high?**

Here’s some good news: making changes to your lifestyle can help to lower blood pressure. Before starting medicine, there are some healthy habits that can help including eating less salt, adding more fruit and vegetables to your diet and regular exercise.

Beyond diet and exercise, if you drink alcohol, you may need to reduce your intake. For better blood pressure and overall better health, guidelines suggest that men limit their intake to two or fewer drinks daily and women to no more than one.

If any of these changes feel overwhelming, we’re here to help. Our advice is to start small. Pick one healthy habit, for example: add one more vegetable to your diet each day. This will help you to form healthier habits that you can commit to for the long-term.