Topics

- What is blood pressure and why does it matter?
- What do the blood pressure numbers mean?
- Am I at risk for high blood pressure?
- How can I check my blood pressure?
- Will I feel something if my blood pressure is high?
- How is high blood pressure treated?

About Blood Pressure

Click on each link to learn more.

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What is blood pressure and why does it matter?

Blood pressure is the force of blood pushing against the walls of your blood vessels.

This force is normally present with every heartbeat as the blood travels through your body. This force (pressure) is needed to carry blood to all the organs in your body, such as your kidneys, brain, stomach, arms, and legs.

High blood pressure, also called hypertension, means that the pressure in your blood vessels stays higher than normal.

If your blood pressure stays high, it can become dangerous to your body.

Even as a young adult, high blood pressure can raise your risk of having serious health problems including a heart attack, stroke, kidney disease, or heart failure.

Taking steps to lower your blood pressure will help you live a healthier and longer life.
Topics
- Manage Stress
- Eat Heart-Healthy Foods
- Limit Sodium (Salt)
- Quit Smoking
- Exercise for a Healthy Heart
- Limit Alcohol

Healthy Choices You Can Make
The following healthy choices can all help to lower your blood pressure. Click on each link to learn more.

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- Quit Smoking
- Exercise for a Healthy Heart
- Limit Alcohol

PRINT-FRIENDLY VERSION
Up-to-Date Resources to Learn More

**Taking Your Blood Pressure**
- How to Check Your Blood Pressure from the American Heart Association (This file will open in PDF format. You can download a free PDF reader here.)
- Printable Blood Pressure Log (This file will open in PDF format. You can download a free PDF reader here.)

**Questions for Your Doctor**
- Questions to ask your doctor about high blood pressure (This file will open in PDF format. You can download a free PDF reader here.)
- Questions for your doctor about blood pressure medications (This file will open in PDF format. You can download a free PDF reader here.)

**Choosing a Healthy Diet**
- Dietary Approaches to Stop Hypertension (DASH) eating plan
- MyPlate program
- Information on body weight
- Grocery list for healthy eating (This file will open in PDF format. You can download a free PDF reader here.)

**Healthy Recipes**
- Million Hearts® Heart-Healthy Recipes, Easy Meal Plans, and more
- MyFoodAdvisor® Recipes for Healthy Living
- American Heart Association Heart-Healthy Recipes
- NIH: National Heart, Lung, and Blood Institute’s Delicious Heart Healthy Recipes

**Exercise Plans to Get You Started**
- American Heart Association’s Getting Started - Tips for Long-term Exercise Success
- American Heart Association’s Create Your Own Circuit Workout at Home
- American Heart Association’s From the Couch to the Pavement - A Plan to Get You Moving