What is High Blood Pressure/ Hypertension?

- Your blood pressure is **CONSISTENTLY TOO HIGH**.
- Your heart has to work harder to pump blood around your body.

**5 SIMPLE STEPS TO CONTROL HIGH BLOOD PRESSURE**

1. **Know your numbers**
2. **Make a plan**
3. **Make lifestyle changes**
   - (eat less salty foods; exercise more)
4. **Keep checking your blood pressure**
5. **Take medication as prescribed**