

PREVENT

HIGH BLOOD PRESSURE

PRESSURE

HIGH BLOOD PRESSURE SYMPTOMS:

- PERSISTENT HEADACHES (RADIATING FROM THE BACK OF THE HEAD)
- DIZZINESS
- LIGHT-HEADEDNESS
- TINNITUS

MINIMIZE THE RISK BY:

- QUITTING SMOKING
- DRINKING LESS ALCOHOL
- DRINKING MORE WATER
- EATING LESS SALT
- LOSING WEIGHT
- EXERCISING
- TAKING TIME TO RELAX



YOU ONLY HAVE ONE LIFE. KEEP IT HEALTHY!



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