

SUNDAY MORNING

Health Corner

Heart Health and Hypertension

Combatting **hypertension** necessitates a holistic approach encompassing diet, exercise, and lifestyle modifications.

Emphasizing a diet rich in **fruits, vegetables, whole grains, and lean proteins** while **limiting salt and saturated fats** can significantly lower blood pressure.

Regular physical activity for **at least 30 minutes** a day, helps maintain cardiovascular health, such as:

- Walking
- Swimming
- Cycling

Monitoring blood pressure regularly and adhering to prescribed medications can also ensure that hypertension is kept in check.

Additionally, **managing stress** through **mindfulness techniques** and ensuring adequate sleep are crucial for preventing hypertension.

By adopting these changes we can reduce the risk of **high blood pressure** and related complications, promoting overall **heart health**.



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