



# Blood Pressure



**Blood Pressure** is a measure of the force that your heart uses to pump blood around your body.

High blood pressure (HBP), considered to be a reading over 140/90mmHg is the **number 1 cause of stroke**.

HBP has no symptoms so it is vital to get checked regularly with your GP or through an NICHS Health Check.

For more information on Blood Pressure and how to care for your heart, visit [www.nichs.org.uk](http://www.nichs.org.uk)



## 8 Health and Wellbeing Tips



**Eat a balanced diet**



**Lower salt intake**



**Keep physically active**



**Maintain a healthy weight**



**Moderate your stress levels**



**Moderate your alcohol intake**



**Stop smoking**



**Get enough sleep**