

Resource Guide

Healthy Habits with your CMD: Reducing Your Risk of High Blood Pressure

High blood pressure can affect anyone. However, some people are at higher risk depending on factors like age, genetics, race, and more. While many of these factors are out of one's control, there are lifestyle changes you can make to lower your risk, such as:

- Maintaining a healthy weight
- Exercising regularly
- Managing stress levels
- Reducing sodium consumption
- Limiting alcohol intake
- Quitting smoking



Learn more about maintaining a healthy blood pressure from [Hypertension Canada](#).