

## Taking Charge of Your Blood Pressure - Participant Worksheet

Follow along as you watch and use this guide to note key points and next steps. Afterward, use it as a quick reference to help you take small, consistent actions toward keeping your blood pressure under control.

### WHAT TO REMEMBER

**What is blood pressure?**

**Top number (Systolic) =**

**Bottom number (Diastolic) =**

- Healthy blood pressure range = Under 120/80
- Hypertension is when your blood pressure is consistently: 130/80 or higher
- Control = Patterns over time (not one perfect reading)

### WHY IT MATTERS

**High blood pressure often has no symptoms and, over time, can affect:**

- Heart
- Brain
- Kidneys
- Eyes
- Overall Energy/Quality of Life/Sexual Health

### YOUR CONTROL PLAN (3 PARTS)

- Measurement** - know your numbers, keep a validated cuff at home if possible.
- Lifestyle** - small, consistent steps around eating healthy and moving more
- Medication** - work with a health care professional to understand if medication is required for you

### MEASURE IT RIGHT (Quick Checklist)

**Before Measuring:**

- Be seated & relaxed
- Back supported & feet flat on the floor
- Arm should be supported at heart level, palm up
- Cuff should be on your bare arm
- Make sure your cuff is validated & the correct size

## SODIUM CHEATSHEET

### Where sodium hides:

- Packaged foods
- Restaurant meals
- Sauces, soups, breads

### Label Decoder:

- 5% DV (daily value) or less = lower sodium
- 20%+ DV (daily value) or less = high sodium

**You don't have to eliminate - compare and swap.**

## MOVE MORE (Keep It Simple)

### Goal: 150 minutes/week (around 20 minutes/day)

Consider starting with:

- 10-minute walk
- Move around during TV breaks/commercials
- Take the stairs

**Consistency beats intensity.**

## STRESS RESET (Do This Anywhere)

### Box Breathing (repeat at least three times):

- Inhale for 4 seconds, Hold for 4 seconds, Exhale for 4 seconds, Hold for 4 seconds

**Small choices add up.**

## TALK WITH YOUR DOCTOR

### Take medication if needed:

- Medication is a tool, not a failure - it may be required if your numbers are consistently high
- It works *with* lifestyle changes

### When you meet with your doctor bring:

- Your readings
- Medication list
- Questions

## YOUR NEXT STEP & PRACTICE THIS WEEK

### Pick One:

- Check my blood pressure this week
- Read at least one food label per day
- Try box breathing once a day
- Schedule an appointment to see your doctor

## RESOURCES REFERENCED

Release the Pressure - [releasethepressure.org](https://releasethepressure.org)

[Release the Pressure Self-Measured Blood Pressure \(SMBP\) Training Video](#)

Blood Pressure Cuff Validation - [validatebp.org](https://validatebp.org)

[Live to the Beat Coaching Community](#) - When prompted for the access code type "HabitsThatStick"

Follow Live to the Beat on [Facebook](#) and [Instagram](#)