

Control Your Blood Pressure

Lifestyle Strategies for Lowering High Blood Pressure

Slow Deep Breathing



35%

Reduce Risk of Stroke

5

minutes a day for
six weeks could:



25%

Reduce Risk of Heart Disease

Slow Deep Breathe

Try this as you wait. Pace your breathing To BreathNote music for 5-20 minutes and start lowering your stress & hypertension.



Scan QR code

or visit www.BreathNote.com/proclinic-playlist.html

Passkey: 1BREATH23

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Minutes of slow-deep
breathing could lower
blood pressure by

SBP 8.6 mm Hg

DBP 4.9 mm Hg

Every hour about

1,000

people die from strokes
& heart attacks related to

High Blood Pressure



Eat Less Salt &
Processed Foods



Be Active



Stop Smoking &
Limit Alcohol



Slow-Deep Breathe
