



**ACT NOW.**  
HEALTH COACHING

**SIMPLE YET EFFECTIVE**

# 5 WAYS

TO KICK-START  
YOUR BLOOD  
PRESSURE HEALTH

## 1. GET A GOOD NIGHTS SLEEP

It allows your cardiovascular system time to repair

## 2. DRINK PLENTY OF WATER

Supports your kidneys to flush out sodium (salt)

## 3. GO FOR A QUICK-PACED WALK EVERY DAY

Improves heart fitness

## 4. LAUGH

Activates the vagus nerve which helps to reduce BP

## 5. GET CLEAR ON WHY YOUR BP MATTERS

Because without this, you won't have the motivation to make the changes for better BP