

Can I do it? Yes you can!

- For every 10kg/22lb of weight loss your blood pressure could be reduced by 5-20mmHg. (A weight loss of between ½ to 1kg or 1-2lbs per week is good.)
- A weight loss of 5-10% can reduce your "bad" cholesterol by 15% and triglycerides by 20-30%. Good cholesterol can increase by 8-10%. (Aim to do this over 3-6 months).
- 30 minutes of moderate physical activity (feeling warmer and breathing harder) on most days of the week can reduce your blood pressure by 4-9mmHg.
- Reducing your salt intake (<2.4g per day of sodium or 6g per day of sodium chloride) can reduce your blood pressure by 2-8mmHg.
- Moderation of your alcohol consumption (14 units per week for women, 21 units per week for men) can reduce your blood pressure by 2-4mmHg.
- Stopping smoking can increase your life expectancy by 11-12 years.