

Effective Lifestyle Changes

- ✎ Lose weight
- ✎ Limit smoking, limit alcohol and coffee
- ✎ Limit salt
- ✎ Follow DASH diet
- ✎ Use garlic in your meals
- ✎ Exercise daily (cardio and weight training)
- ✎ Include relaxation in your lifestyle
- ✎ Review your ability to reduce stress