



Your Guide to Heart Health

High blood pressure occurs when blood pushes too hard against artery walls, causing damage to them. As the damage heals, it turns into scar tissue. The arteries become stiff and weak. A target blood pressure is 120/80mmHg, or 130/80mmHg for those with a history of high blood pressure.

If you have high blood pressure, you're not alone. It's very common. But there are ways to avoid and manage high blood pressure. **Your Guide to Heart Health** is available through the *Health & Wellness Centre** Health Library. The guide is written by a team of experts to tell you what a healthy blood pressure range looks like, and how to get there.

The guide provides several tips to keep your heart healthy, including:

- Limit your sodium intake
- Manage your stress
- Be physically active

Don't forget to check your blood pressure regularly to better understand your patterns and trends and to see if changes to your lifestyle or medication are needed.