

# REDUCE YOUR RISK OF A STROKE

The majority of strokes are preventable.



**Check your blood pressure regularly, and follow any treatment advised by your doctor. High blood pressure is a leading cause of stroke**



**Keep a healthy weight**



**Limit your alcohol intake**



**Reduce salt intake – too much salt in your diet can increase your blood pressure**



**Get your cholesterol checked and follow any treatment advised by your doctor**



**Eat healthy foods – limit fatty, sugary, salty foods**



**Get checked for atrial fibrillation (irregular heartbeat)**



**Be smokefree**



**If you have diabetes, manage it well**



**Be physically active for at least 30 minutes on most days of the week**



**Stroke**  
Aotearoa NZ

[stroke.org.nz](http://stroke.org.nz)