

HIGH BLOOD PRESSURE

IS THE LEADING RISK FACTOR FOR STROKE

A yearly check is a quick and simple step you can take to avoid stroke



OTHER SIMPLE STEPS

TO AVOID STROKE:



**EAT MOSTLY
FRESH
UNPROCESSED
FOODS**



**EAT
LESS
SALT**



**IF YOU DRINK,
KEEP YOUR
ALCOHOL
INTAKE LOW**



**MOVE
MORE,
SIT LESS**



**KEEP A
HEALTHY
WEIGHT**



**MANAGE
DIABETES**



**CHECK FOR
ATRIAL
FIBRILLATION**



**BE
SMOKEFREE**