Small changes make a HUGE difference:

- **Walking** 30 minutes, five days a week can decrease blood pressure by 10 points.
- **Losing** 5–10 lbs. of weight can decrease blood pressure by 5 points.
- **Quitting** smoking (call 1-800-QUITNOW) can decrease blood pressure by 5–10 points.
- **Limiting** sodium (salt) to 1 tsp. (2300 mg.) per day can decrease blood pressure by 2–8 points.

And small decreases in blood pressure result in huge health benefits.

- Every 5 points decrease in blood pressure reduces
  - risk of stroke by 34%
  - risk of heart attack by 21%

- Every 3 points decrease in blood pressure reduces
  - risk of stroke by 8%
  - risk of heart attack by 5%