



To keep your heart healthy

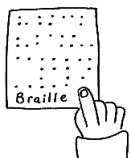
Try to cut down or stop smoking.



You should have two days every week when you do not drink alcohol.

You should have no more than two drinks on the days you drink alcohol.

This leaflet is available in other languages or formats



For more information see www.cwp.nhs.uk.

© CWP NHS FoundationTrust

The information in this leaflet was valid at the date of production **May 2015** and is due for review in **May 2017**.

Leaflet code: **E-BPC-10-374**



Cheshire and Wirral Partnership
NHS Foundation Trust



Blood Pressure Checks



This leaflet tells you about your blood pressure check and how to keep your heart healthy

Blood pressure check advice

Your name:

Date:



Your blood pressure today was

.....

Make an appointment to see your GP or Practice Nurse in

.....
and take this leaflet with you.

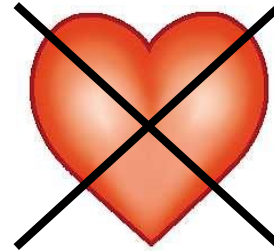


You do not need to see your GP



Remember to get your blood pressure checked again at least once a year at your doctor's surgery.

To keep your heart healthy



Being overweight or underweight is bad for your heart and can make you feel ill.



Exercise every day.

Walking is good for your heart.



Eat five fruit and vegetables every day.

Eat fruit if you are hungry between meals.



Do not add salt to your food.