



**You wouldn't
◀ drive your car
like this**

**So, why would
you drive your ▶
body like this?**



High Blood Pressure is the #1 Risk for Stroke

You can control your blood pressure:

**Know your
numbers**



**Talk to your
doctor**



**Get to a healthy
weight**



Be active



**Eat fruits,
veggies, and
whole grains**



**Take medicine
as prescribed**



www.idahoheartandstroke.org



IDAHO DEPARTMENT OF
HEALTH & WELFARE

www.dhw.idaho.gov



www.heart.org