



Lifestyle Links to Lower Blood Pressure

Session Guide and Review Notes

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5 min Welcome and Introduction

PowerPoint Presentation: Short (10-15 min.) or Long (30 min.) version

Summary: Lifestyle Links to Lower Blood Pressure

- One in 3 adults have high blood pressure. High blood pressure, also called hypertension, is a serious, even deadly, global public health issue.
- Blood pressure is the amount of force (or pressure) against the artery wall when the blood pumps through the arteries. The top number, the systolic, is the force against the artery wall when the heart beats. The lower number, the diastolic, is the force on the artery wall between beats. When the arteries are stiffer, the pressure of the blood against the arteries will be higher.
- 1. **Add Plant Nutrition:** Focus on more fruits, vegetables & beans. Plant foods are rich in magnesium, calcium, potassium, antioxidants, and fiber. Helps to lower inflammation, elevate nutrient and antioxidant levels, soften arterial walls, lower stress, and reach healthy weight.
- 2. **Beware of Processed Food** like fast food, packaged food, chips.
Reduce sodium. Reduce sodium to around 1500 mg per day or about 500 mg per meal. A teaspoon of salt is about 2300 mg.
Eliminate meat. Meat has a blood-pressure raising effect.
- 3. Other Helpful Guides: **Choose Daily Exercise, Avoid Nicotine & Alcohol. Manage Stress, Connect with Others, Get Your Rest, & Trust in God.**
- Always work with your health care provider when implementing diet and exercise programs. They will be able to help you adjust medications and exercise safely.

10 min Discussion Time 1: What are your thoughts?

- ✓ Why is high blood pressure harmful?
- ✓ Discuss ways to reduce blood pressure.

5 min Discussion Time 2: What is your story?

- ✓ You or someone in the group may have a “delivered story” that pertains to the session topic. Take a few minutes for you or a guest to share.

5 min Freedom Journey: Present the following thoughts for reflection prior to next discussion periods to encourage positive discussion for change.

- **Reflect:** Exercise is very powerful to reduce stress and increase health of arteries.
- **Recalculate:** The question is not: “Am I going to exercise”, but “When and where will I find time to exercise today?”
- **Reframe:** Healthful eating is about abundance and freedom.
- **Remember:** Work with your healthcare provider or trainer to adopt a plan that works for you.

10 min Discussion Time 3: What have you learned?

- ✓ What did you hear that deeply moved you?
- ✓ What did you learn that makes you stronger in your resolve?

Lifestyle Links: Lifestyle links for building physical, mental, emotional, and spiritual strength.

Reboot and Rebound: Daily choices build a better brain, body, and habits.

- **Create a Lifestyle:** Walk briskly for 10 minutes after each meal for better blood sugar control. Exercise controls cravings and appetite.
- **Create an Environment:** Use a pedometer or your **Better Way Journal** to track progress. Challenge yourself to improve. Walk with a friend.
- **Create Connections:** Join a fitness club, exercise class, or create a neighborhood walking group. Play games, ride bikes, invite your friends.

10 min Discussion Time 4: What will you do?

- ✓ What is your reason for wanting better health?
- ✓ Which of the **Lifestyle Links** are your focus right now?
- ✓ What is your first step?

5 min Group Promise, Affirmation, and Prayer to Close Session

Pray and Say: Divine power and daily practice change the brain.

- **Prayer:** “Dear God, thank you that by your power and strength, I am Living Free!”
- **Promise:** “I can do all things through Christ who strengthens me.” Philippians 4:13.
- **Affirmation:** “Thank you God for my freedom journey to better physical, mental, and spiritual health!”
- **Encourage** participants to review their handout.
- **Close** with prayer.

Handout: Balanced Living Tract: Lifestyle Links to Healthy Blood Pressure