



British Heart  
Foundation

**10 MINUTES TO  
CHANGE YOUR LIFE**  
Your challenge



**FIGHT  
FOR EVERY  
HEARTBEAT**

[bhf.org.uk](http://bhf.org.uk)

# High blood pressure

## Your 10 minute challenge

Take ten minutes every day for a week to find some areas that you could change to help lower your blood pressure.

You're in control. By taking the time to make small changes to your lifestyle, you can help keep your heart healthy – and change your life.

| Day | Check the labels on your food: What foods did you eat this week that said they were high (red) for salt? | Get a move on: Make a note of any time you're active – anything from walking or gardening to swimming or team sports. | Think about drinks: Make a note of any alcoholic drinks you have |
|-----|--|---|--|
| 1   |  |   |  |
| 2   |  |   |  |
| 3   |  |   |  |
| 4   |  |   |  |
| 5   |  |   |  |
| 6   |  |   |  |
| 7   |  |   |  |

At the end of the week, look back over what you did and answer these questions.

Did you eat a lot of salty foods during the week?

Yes  No

Were you active every day?

Yes  No

Did you drink more than a standard glass of wine, pint of lager or 2 measures of spirits in one day?

Yes  No

Choose an area that you're going to tackle to help lower your blood pressure. Then set yourself a goal and choose a date to complete it by.

*Example: I will check food labels at the supermarket and if something has a red label for salt I will try and find something with an orange or green label.*

Target date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_