

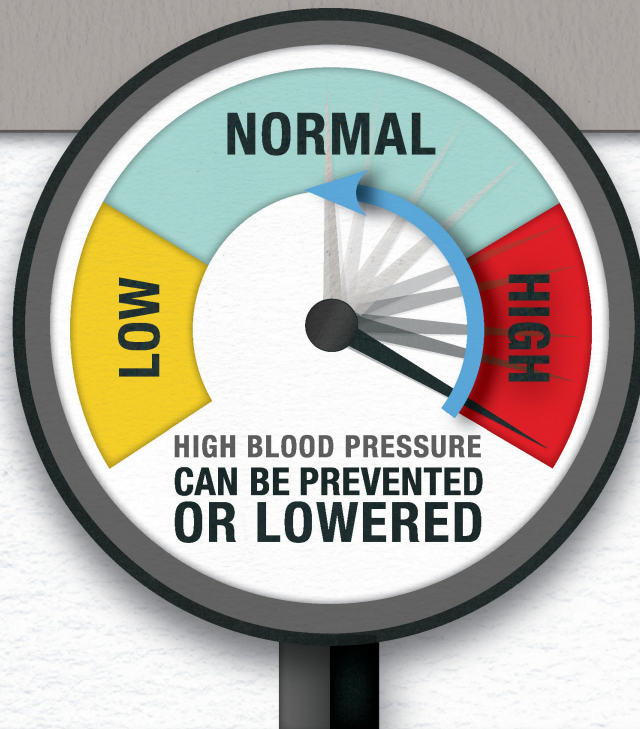
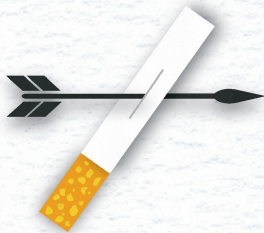
KEEP YOUR PRESSURE DOWN

30% OF AUSTRALIAN ADULTS HAVE HIGH BLOOD PRESSURE

HIGH BLOOD PRESSURE CAN CAUSE
HEART DISEASE STROKE KIDNEY DISEASE



QUIT SMOKING



BE ACTIVE FOR AT LEAST

30
MINUTES



AIM FOR **5** SERVES OF **VEGETABLES** & **2** SERVES OF **FRUIT**



REDUCE
SALTY FOODS



LIMIT
ALCOHOL INTAKE



MAINTAIN A
HEALTHY WEIGHT

