

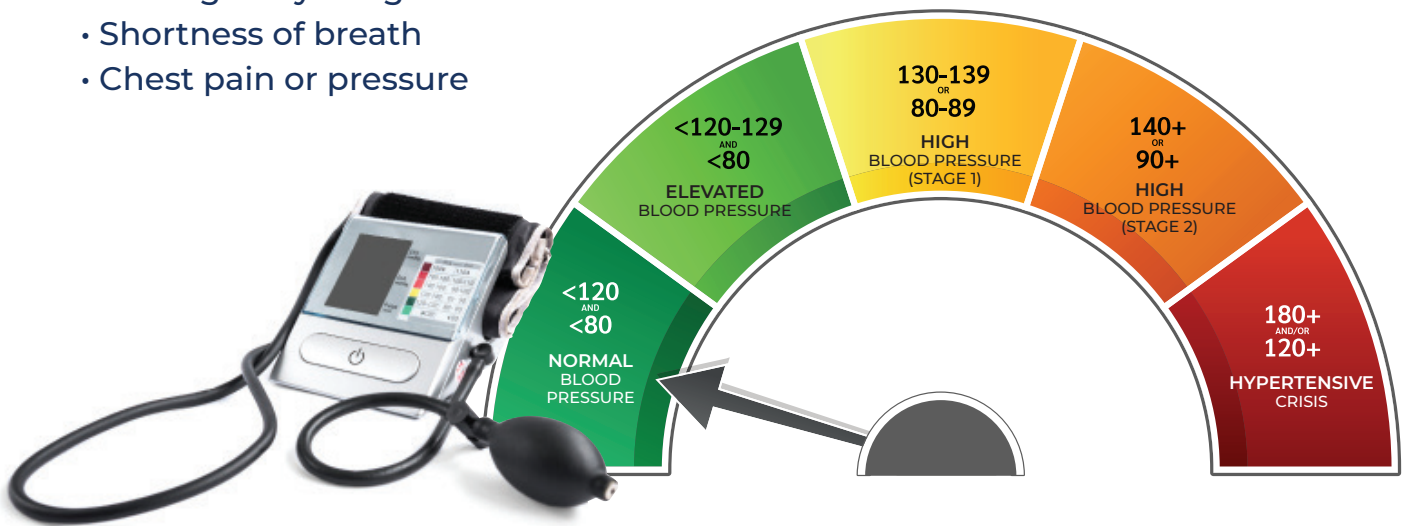
KNOW YOUR BLOOD PRESSURE.

WHAT IS HYPERTENSION? High blood pressure means your heart is working too hard. If not managed, hypertension can damage your heart, kidneys and brain.

SIGNS TO WATCH OUT FOR

- Headaches (especially at the back of your head)
- Feeling dizzy or lightheaded
- Shortness of breath
- Chest pain or pressure


your life!



SIMPLE STEPS YOU CAN TAKE TODAY

- | | |
|--|---|
| <ul style="list-style-type: none">• Eat less salt
use herbs and spices instead | <ul style="list-style-type: none">• Manage stress
take deep breaths, rest when you can |
| <ul style="list-style-type: none">• Move your body
even 10 minutes of walking helps | <ul style="list-style-type: none">• Limit sugary drinks
water is free and better for you |
| <ul style="list-style-type: none">• Drink more water
it supports your heart | <ul style="list-style-type: none">• Check your weight
even small losses help |

COUNSELLING . LIFE COACHING . HEALTH ADVICE



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