

BLOOD PRESSURE HEART HEALTH STROKE RISK FACTORS

MEDICATION KIDNEY HEALTH

HIGH BLOOD PRESSURE HEALTHY LIFESTYLE DIET EXERCISE

CARDIOVASCULAR DISEASE SALT WEIGHT MANAGEMENT

FAMILY HISTORY MONITORING

HYPERTENSION

CHOLESTEROL ARTERY HEALTH PREVENTION AGING

STRESS SLEEP HEART ATTACK BLOOD FLOW WELLNESS

NUTRITION CONSISTENCY REGULAR CHECKUPS GENETICS HEALTHY HEART

5 THINGS YOU CAN START TODAY TO LOWER YOUR BLOOD PRESSURE

A Simple Nurse-Guided Quick-Start Guide

Inside you'll discover:

- ✓ How to check your blood pressure more accurately
- ✓ One simple way to reduce sodium today
- ✓ How movement can support healthier blood pressure
- ✓ Why stress and sleep matter
- ✓ How to create your first small, sustainable change

Thrive
COACHING ALLIANCE

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Welcome

Your Blood Pressure Is More Than a Number

High blood pressure is often called a "silent" condition because it may not cause noticeable symptoms. Yet over time, uncontrolled hypertension can place additional strain on your heart, blood vessels, kidneys, brain, and other internal structures.

The good news?

You don't have to change everything overnight.

Meaningful improvements often begin with small, consistent actions repeated over time.

As a registered nurse and health coach, I believe managing hypertension is about more than simply knowing your numbers. It's about understanding what influences your blood pressure, identifying the habits that may be working against you, and creating realistic strategies that fit your actual life.

This guide will help you take your first five steps.

Important:

This guide is for education and general wellness support and is not a substitute for medical care. Never stop or change prescribed blood pressure medication without talking with your healthcare provider.

Step 1: Know Your Numbers

Start With an Accurate Blood Pressure Check

One of the most powerful things you can do today is understand your current blood pressure.

Before checking your BP:

- Avoid caffeine, exercise, and smoking for about 30 minutes beforehand.
- Empty your bladder.
- Sit quietly for at least 5 minutes.
- Keep your back supported.
- Place both feet flat on the floor.
- Keep your arm supported at heart level.
- Use the correct-size cuff.
- Don't talk during the measurement.

Take two readings about one minute apart and record both.

YOUR ACTION TODAY:

Check your blood pressure and write it down.

Time: _____

My BP today: _____ / _____ My pulse: _____

How I felt: _____

Remember:

One blood pressure reading is a snapshot. Your pattern over time tells a bigger story.

NURSE COACH TIP

Create a simple BP log and bring it to your healthcare appointments. Tracking your readings can help you and your healthcare team identify patterns and make informed decisions.

Step 2: Reduce Your Sodium Today

Your Salt Shaker Isn't the Only Source

Many people think sodium comes primarily from the salt shaker. In reality, much of the sodium in the typical diet comes from packaged, processed, and restaurant foods.

Try this TODAY:

Choose one meal and make it lower in sodium.

For example:

Instead of:

- Deli meat
- Canned soup
- Fast food
- Highly processed frozen meals

Try:

- Fresh chicken or fish
- Fresh or frozen vegetables
- No-salt-added canned beans
- Whole grains
- Homemade meals using herbs and spices

FLAVOR WITHOUT THE SALT

Try adding:

Garlic

Basil

Rosemary

Black Pepper

Lemon

Thyme

Paprika

Onion powder w/o added salt

YOUR ACTION TODAY:

Replace ONE high-sodium food with a lower-sodium option.

My swap: _____

NURSE COACH TIP

Don't aim for perfection. Start with one swap, then build from there.

Step 3: Move Your Body

Your Body Was Designed to Move

Regular physical activity can support healthy blood pressure, cardiovascular fitness, weight management, blood sugar regulation, mood, and overall well-being. You don't have to start with a complicated workout.

TRY THIS TODAY:

Take a 10-minute walk.

That's it. If 10 minutes feels like too much, start with 5 minutes.

Walk around your neighborhood or your home.

Walk during your lunch break.

Walk with a friend.

BUILD TOWARD:

150 minutes of moderate-intensity aerobic activity per week, as appropriate for your health and fitness level.

You can break that into manageable pieces.

10 minutes + 10 minutes + 10 minutes = 30 minutes

YOUR ACTION TODAY:

I will move my body for: _____ minutes.

My activity: _____ When: _____

NURSE COACH TIP

Consistency beats intensity.

The best movement plan is one you can realistically continue.

If you have a medical condition or have been inactive, talk with your healthcare provider about the safest activity plan for you.

Step 4: Claim Your Nervous System

Stress Matters

Stress is a normal part of life. But chronic stress can influence behaviors and habits that affect cardiovascular health—including sleep, food choices, alcohol use, physical activity, and medication adherence.

You don't need to eliminate all stress. Instead, learn to create moments of pause and recovery.

TRY THIS 2-MINUTE RESET: STOP

S — Stop what you're doing.

T — Take a slow breath.

O — Observe what you're feeling.

P — Proceed with intention.

Try this breathing pattern:

Inhale slowly for 4 seconds.

Exhale slowly for 6 seconds.

Repeat for 5 breaths.

YOUR ACTION TODAY:

Take 2 minutes to pause, breathe, and reconnect with your body.
What did I notice?

NURSE COACH TIP

Stress management isn't about "calming down" on command. It's about building regular practices that help your body recover and respond more effectively to life's demands.

Step 5: Protect Your Sleep

Better Sleep Supports Better Health

Sleep is not a luxury.

Quality sleep supports cardiovascular health, metabolic health, emotional regulation, immune function, and your ability to make healthy decisions.

TRY THIS TONIGHT:

Choose ONE:

- ☐ Turn off screens 30 minutes before bed.
- ☐ Go to bed 15 minutes earlier.
- ☐ Create a calming bedtime routine.
- ☐ Keep your bedroom cool, dark, and comfortable.
- ☐ Avoid heavy meals, alcohol, tobacco, and caffeine close to bedtime.
- ☐ Write down tomorrow's "to-do" list before bed to quiet a busy mind.

YOUR ACTION TODAY:

Tonight, I will: _____

NURSE COACH TIP

Don't try to "fix" your sleep in one night.

Instead, create a consistent routine that signals to your body:

"It's time to rest."

If you regularly snore loudly, gasp during sleep, or experience excessive daytime sleepiness, talk with your healthcare provider about whether sleep apnea screening may be appropriate.

Your 24 Hour Blood Pressure Reset

Your Simple Plan for Today

Here's your challenge:

MORNING

- ☐ Check and record your BP correctly.
- ☐ Drink water.
- ☐ Take medications exactly as prescribed.

MIDDAY

- ☐ Choose one lower-sodium meal.
- ☐ Take a 10-minute walk.

AFTERNOON

- ☐ Pause for 2 minutes of intentional breathing.

EVENING

- ☐ Choose one action to support better sleep.
- ☐ Reflect on one thing you did well today.

MY ONE COMMITMENT

For the next 7 days, I will: _____

I will do it: _____

My biggest obstacle might be _____

My plan for overcoming it _____

REMEMBER:

You don't have to change your entire life today.

You only need to take the next right step.

What if You Didn't Have to Figure It Out All Alone

You may know that you need to:

- Eat better
- Move more
- Reduce sodium
- Manage stress
- Sleep better
- Take your medications consistently

But knowing what to do and knowing how to make it work in your real life are two different things.

That's where health coaching can help.

Introducing: Embodied Thrive - Hypertension™ 12-Week Hypertension Mastery Program:

A nurse-guided health coaching experience designed to help you understand your blood pressure and develop sustainable lifestyle habits that support better cardiovascular health.

Over 12 weeks, we focus on:

- Nutrition
- Learn practical strategies for DASH-style and heart-healthy eating.
- Movement
- Create realistic activity habits that fit your current abilities/lifestyle.
- Sleep: Explore strategies to improve sleep quality and recovery.
- Stress Management: Learn tools to regulate stress and build resilience.

- Behavior Change: Identify barriers, beliefs, and patterns that may be keeping you stuck.

Whole-Person Health

Build sustainable habits that support your health—not another temporary "quick fix."

This is for you if:

- ✓ You've been told you have high blood pressure.
- ✓ You want to improve your numbers through healthier lifestyle habits.
- ✓ You're tired of knowing what you "should" do but struggling to make it stick.
- ✓ You want personalized support and accountability.
- ✓ You're ready to take a proactive approach to your health.

Your Next Step

Let's Talk About Your Health Goals

Book a complimentary 30-minute Hypertension Health Coaching Consultation.

During our conversation, we'll discuss:

- Your current health goals
- Your biggest challenges
- Your lifestyle habits
- What may be getting in your way
- Whether the 12-week Hypertension Mastery Program is right for you

BOOK A COMPLIMENTARY 30 MINUTE CONSULTATION AT:

www.thrivecoachingalliance.com

OR SCAN

You don't have to change everything at once.
Let's start with one step.



Know When It's Urgent

If your blood pressure is 180/120 mm Hg or higher, wait at least 1 minute and take another reading. If it remains that high, contact a healthcare professional promptly. If you also have symptoms such as chest pain, shortness of breath, severe headache, weakness, numbness, vision changes, difficulty speaking, or other concerning symptoms, seek emergency medical care. Do not use this guide to delay emergency treatment.

— TAKE CONTROL. LIVE BETTER. —

HYPERTENSION

From Diagnosis to Direction

A practical, easy-to-understand guide that empowers you to take control of your blood pressure and your health.



Understand the “why”

Learn what high blood pressure really is and how it affects your body.



Know your options

Clear explanations of medication classes and how they work.



Make sense of your labs

Understand your numbers and what they mean for your health.



Take action that lasts

Lifestyle hacks and proven strategies to lower your blood pressure and improve your overall well-being.

From Diagnosis to Direction



Learn What Your Doctor Meant,
What Your Body Needs, and
What to Do Next

Barbara Wadlington RN, BSN

“

Knowledge is the first step.
Direction is the next.

YOUR HEALTH IS WORTH IT.



GET YOUR COPY TODAY

Start your journey from diagnosis to direction.

Because better blood pressure starts with better understanding.

AVAILABLE ON

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