

# **Resources to help with blood pressure management**

**Patient decision aid to help with managing high blood pressure and choices:**

[NG136 Patient decision aid on how do I control my blood pressure? Lifestyle options and choice of medicines \(nice.org.uk\)](#)

**Which machine should I buy?**

[Buy approved Blood Pressure Monitors | British Heart Foundation \(bhf.org.uk\)](#)

**Resources to help with weight loss and dietary changes:**

NHS better health weight loss app [Better Health - NHS \(www.nhs.uk\)](#)

- Free 12-week plan
- Daily input of meals and exercise

NHS patient webinars [Patient Webinars | Access to reliable nutrition information.](#)

- Dieting cycle, regular eating, triggers to eating, balanced eating, diet myth busting

Guide from the British Heart Foundation on salt intake

- [Salt - how much is too much? - BHF](#)

**Resources to help with increasing activity:**

- NHS Active 10 app [Get active - Better Health - NHS \(www.nhs.uk\)](#)
  - Free
  - records every minute of walking and give awards for achieving new goals
- Couch to 5K
  - Choice of 5 trainers
  - Free
  - Supportive way to get into running for absolute beginner's
- Exercise on prescription – subsidised and supervised weekly sessions at Lifestyle Fitness Langport and other local providers
  - [ProActive Somerset - ProActiveSomerset](#)

**Resources to help with stopping smoking:**

- [Smokefreelife Somerset – Smokefreelife Somerset \(healthysomerset.org.uk\)](#)

**Resources to help with reducing alcohol intake:**

- [General health effects | Drinkaware](#)