

# I choose to control my blood pressure

I choose to change!

Here are things I can choose to do:

- Eat fruits and vegetables instead of junk food.
- Eat more whole grain foods.
- Drink low-fat milk or eat low-fat yogurt every day.
- Eat my food without adding extra salt.
- Exercise 30 minutes every day.
- Not smoke.
- Take a vitamin D pill every day.



Special Olympics  
**Health Promotion**



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