

UNIT 4 LESSON D Exercise 1

Listen to and read the information. Choose the correct answers.

KNOW YOUR BLOOD PRESSURE

Are you over 21? Yes? Your doctor should check your blood pressure every year. High blood pressure can be dangerous. Here are some ways to lower your blood pressure. First, try to change your lifestyle:

- Stop smoking.
- Lose weight.
- Exercise every day.
- Eat lots of fruits and vegetables. Don't eat a lot of fat.
- Don't use a lot of salt. Don't drink a lot of coffee.
- Reduce your stress.

Second, talk to your doctor about your blood pressure. Maybe you need to take medicine. Talk to your doctor! Start today!



1. What should you do to lower your blood pressure?

2. You have high blood pressure. What should you eat?

3. You need to lower your blood pressure. What should you do?

4. You need to change your diet. What should you do?

5. You need to lose weight. When should you exercise?

6. Who should check your blood pressure?
