Did you know high blood pressure is the second leading cause of kidney failure in the U.S.? Chronic kidney disease is a serious condition that increases your chances of having a variety of complications such as stroke, heart attack, kidney failure, and death.

That's why it's important to manage high blood pressure and protect your kidneys.

**Start with these 6 healthy lifestyle habits.**

1. **Take blood pressure-lowering medications** as prescribed by your doctor.
2. **Aim for a healthy weight** to lower your chances of health problems related to high blood pressure.
3. **Take steps to make healthier food and beverage choices.**
4. **Take steps to try to quit smoking.**
5. **Aim for at least 7 to 8 hours of sleep per night.**
6. **Take steps to reduce stress and be physically active for 30 minutes each day.**

Visit niddk.nih.gov for more information on high blood pressure and kidney disease.