Diet and exercise can cause dramatic changes in your arteries and forms. High blood pressure, or hypertension, is caused by the force of the blood against the walls of your arteries and forms. When you have high blood pressure, your heart has to work harder to pump blood through your veins. Your arteries and forms can become narrowed or clogged, which can lead to heart disease and stroke. To keep your blood pressure at a healthy level, try to eat a diet that is low in salt and high in fruits, vegetables, and whole grains. Eating a diet that is high in salt can cause your body to retain water, which can increase your blood pressure. In addition, regular exercise can help to lower your blood pressure. Both diet and exercise are important for maintaining a healthy heart and preventing heart disease.