

KNOW YOUR NUMBERS

BLOOD PRESSURE is the force of your blood moving against the walls of your arteries. It's expressed as **TWO NUMBERS**:

Top Number:
SYSTOLIC (mm Hg)
 The pressure or force in the arteries when the heart beats

Bottom Number:
DIASTOLIC (mm Hg)
 The pressure measured between heartbeats

WARNING!
 Over time elevated or high blood pressure weakens your heart, blood vessels and kidneys, and makes a stroke or heart attack much more likely

LIFESTYLE CHANGES that Lower Blood Pressure

Move More
 Get regular physical activity

Focus on Nutrition
 Follow the DASH diet and eat potassium-rich vegetables

Cut Salt
 Aim for 1,500 mg of sodium or less per day

Limit Alcohol
 For men, not more than 2 drinks per day; for women, 1

Lose Weight
 Losing just a few pounds can make a big difference

Don't Smoke
 If you smoke, stop

De-stress
 Meditation and rest help lower blood pressure

NORMAL

below
120

below
80

ELEVATED

120
 to
129

below
80

HIGH

STAGE 1

130
 to
139

80
 to
89

STAGE 2

140
 and above

90
 and above

Also called *Hypertension*

Information provided for educational purposes only. Please consult your health care provider about your specific health needs.

➔ Go to [CardioSmart.org/HighBP](https://www.cardiosmart.org/HighBP) to learn more about High Blood Pressure.