

# HEALTHY SISTERS BLOOD PRESSURE SCREENING

NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

BLOOD PRESSURE: \_\_\_\_\_

Blood Pressure Type	Systolic (top Number)	Diastolic (Bottom Number)
Normal	Less than 120	Less Than 80
Elevated	120-129	Less than 80
Hypertension (high blood pressure) Stage 1	130-139	80-90
Hypertension Stage 2	Greater or equal to 140	Greater or equal to 90

## Ways to help decrease your blood pressure :

- Regular exercise - aim for 150 minutes per week
- Eat a well balanced diet include more fruits and vegetables (eat the rainbow), increase fiber.
- Know what you are eating - read ingredient lists and nutrition labels
- Limit sugar, other sweeteners & highly processed foods
- Watch portion sizes
- Limit sodium intake - maximum of 2 grams daily
- Maintain a healthy body weight
- Limit alcohol
- Stop Smoking
- Reduce Stress
- Get adequate sleep
- Control other chronic diseases
- Take medications as prescribed

