



Blood Pressure Testing

March 2nd - 6th
FIT@PRC

- *Walk up event - no appointment necessary*
- *Test takes around 3 minutes*
- *Charts to compare your results to norms*
- *During open hours 6am - 7pm*

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120 - 129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130 - 139	or	80 - 89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

Blood pressure that is too high or too low can damage other organs, causing serious health issues. Come check yours with our automatic BP monitor!

