

BLOOD PRESSURE TESTING



KNOWING YOUR BLOOD PRESSURE IS VITAL!

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

Blood Pressure Categories



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

tips to improve blood pressure



DETAILS

- ✓ **Testing April 7 - April 11, 10am to 2pm**
- ✓ **Walk-up, no appointment necessary**
- ✓ **Test takes around 3 minutes**
- ✓ **Charts to compare your score to norms**

FOR MORE INFO VISIT

fitprc.com

Located above the Gateway Cafe
at 7677 Gateway Blvd., Newark CA