

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 regarding your specific health needs.

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