Blood Pressure Category	SYSTOLIC mmHg (Upper number)		DIASTOLIC mmHg (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

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HEALTH

BLOOD PRESSURE

YOUR STATS

/ mmHg

Blood Pressure (BP) is the measurement of the force of blood flowing through blood vessels in your body. If the force of blood flowing is too high (high blood Pressure) it could mean your blood vessels are too narrow, or clogged.

High blood pressure, or hypertension, increases the risk for heart disease and stroke.

Can I lower my BP?

Yes! Diet and exercise, having a healthy weight, not smoking, or not using tobacco products helps to lower BP.

Risk factors for high BP and/or a weak pulse:

- Diabetes
- Unhealthy diet
- Physical inactivity
- Obesity
- Too much alcohol
- Tobacco use
- Family history
- Age – the older you are, the more likely you are to have hypertension

PULSE

YOUR STATS

bpm

Your pulse is the actual rate of how many times the heart "beats" (contracts) per minute. When a heart beats or contracts it sends blood throughout your body.

What makes a heart strong?

A normal resting heart rate is between **50-80 beats per minute**. A strong heart has a strong contraction and pumps more blood to the body and does it well. A weak heart has a weak contraction and has to pump more times to get the same amount of blood to the body (has to work harder).

How can I protect my heart?

- Go in for regular check ups with your family doctor.
- Checking blood pressure and heart rate regularly.
- Staying active and healthy.