



What is **Blood Pressure**?

Blood pressure is the force of your blood moving against the walls of your arteries. It's expressed as **TWO NUMBERS**:

TOP NUMBER
The pressure or force in the arteries when the heart beats

Systolic
(mm Hg)

Diastolic
(mm Hg)

BOTTOM NUMBER
The pressure measured between heart beats

KNOW WHAT YOUR BP NUMBERS MEAN:

NORMAL

below
120

below
80

ELEVATED

120
to **139**

80
to **89**

also called
Prehypertension

HIGH

140
& above

90
& above

also called
Hypertension

Over time, elevated and high blood pressure can weaken your heart, blood vessels and kidneys, and makes a stroke or heart attack much more likely.

8 Lifestyle Changes for Lower Blood Pressure

1 Get Moving

with regular physical activity.



2 Focus on Nutrition

by making healthy food choices and minding your portion sizes.

3 Cut the Salt

Read food labels and aim for 1,500 mg of sodium or less per day.

4 Take Your Meds

If you are prescribed medicine for high blood pressure, take it every day.



5 Check Your Blood Pressure

as often as your doctor recommends.

6 Lose Weight

Losing just 10 pounds can make a big difference.



7 Cut Back Alcohol/ Don't Smoke

For men, not more than two drinks a day; for women, one. If you smoke, stop.

8 De-stress and Sleep Well

Relaxation can lower blood pressure, and quality sleep ups your energy.

