UNDERSTANDING BLOOD PRESSURE



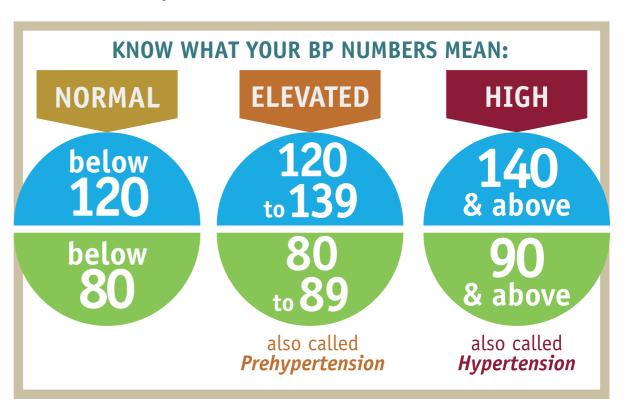


What is Blood Pressure?

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

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

TOP NUMBER



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.

Lifestyle Changes for Lower Blood Pressure

- Get Moving with regular physical activity.
- Procus on Nutrition
 by making healthy food choices and
 minding your portion sizes.
- Cut the Salt
 Read food labels and aim for 1,500 mg
 of sodium or less per day.
- Take Your Meds

 If you are prescribed medicine for high blood pressure, take it every day.
- Check Your
 Blood Pressure
 as often as your doctor recommends.

- 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.

