

## 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.

