

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

⚠️ Over time elevated or high blood pressure weakens your heart, blood vessels and kidneys. This makes having a stroke, heart attack, or heart failure more likely

NORMAL

below
120
and
below
80

ELEVATED

120
to
129
and
below
80

HIGH

STAGE 1

130
to
139
or
80
to
89

STAGE 2

140
and above
or
90
and above

Also called *Hypertension*

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 or Avoid 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 or Vape

If you smoke, stop



De-Stress

Meditation and rest help



Get Quality Sleep

Treat sleep apnea, if present

For more information, visit CardioSmart.org/BloodPressure

@ACCinTouch #CardioSmart

