

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:

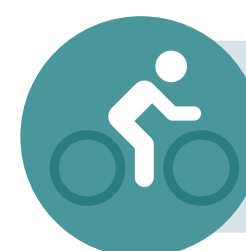
DIASTOLIC (mm Hg)

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

Lifestyle Changes That Lower Blood Pressure



Move More

Get regular physical activity



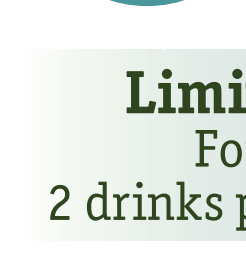
Focus on Nutrition

Follow the DASH diet and eat potassium-rich vegetables



Cut Salt

Aim for 1,500 mg of sodium or less per day



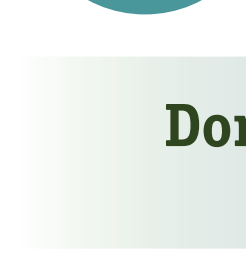
Limit or Avoid Alcohol

For men, not more than 2 drinks per day; for women, 1



Lose Weight

Losing just a few pounds can make a big difference



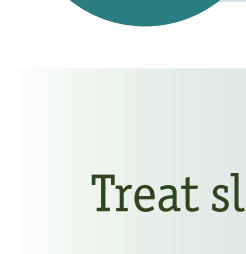
Don't Smoke or Vape

If you smoke, stop



De-Stress

Meditation and rest help



Get Quality Sleep

Treat sleep apnea, if present

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*

For more information, visit [CardioSmart.org/BloodPressure](https://www.CardioSmart.org/BloodPressure)

@ACCinTouch #CardioSmart

