

# 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



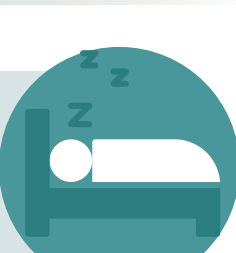
### De-Stress

Meditation and rest help



### Get Quality Sleep

Treat sleep apnea, if present



## NORMAL

below  
**120**

below  
**80**

## ELEVATED

**120**  
to  
**129**

below  
**80**

## HIGH

### STAGE 1

**130**  
to  
**139**

**80**  
to  
**89**

### STAGE 2

**140**  
and above

**90**  
and above

Also called *Hypertension*

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