






Blood Pressure

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Blood Pressure Category

-  **Normal**
Less than 120/80
-  **Elevated**
Systolic between 120-129 and diastolic less than 80
-  **Stage 1**
Systolic between 130-139 or diastolic between 80-89
-  **Stage 2**
Systolic at least 140 or diastolic at least 90
-  **Hypertensive Crisis**
Systolic over 180 and/or diastolic over 120

Blood Pressure Details

Blood pressure is expressed by two numbers. The top number is the systolic pressure, the pressure measured when the heart beats. The bottom number is the diastolic pressure, the pressure measured when the heart rests. Maintaining your blood pressure will keep you at a lower risk for heart disease, stroke, and kidney failure.

How to Maintain or Improve

Blood pressure often increases as weight increases. Losing just 10 pounds can help reduce your blood pressure.



Find activities you enjoy, and aim for at least 30 minutes a day of exercise on most days of the week. For example yoga, hiking, gardening, and anything else that gets your heart beating a bit faster. Since you're going to be making it a habit, pick things you'll want to do often.



Eating a diet that is rich in whole grains, fruits, vegetables and low-fat dairy products and skimps on saturated fat and cholesterol can lower your blood pressure.