

# 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

**WARNING!**  
 Over time elevated or high blood pressure weakens your heart, blood vessels and kidneys, and makes a stroke or heart attack much 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 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**  
 If you smoke, stop

**De-stress**  
 Meditation and rest help lower blood pressure

### 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*

Information provided for educational purposes only. Please consult your health care provider about your specific health needs.

Go to [CardioSmart.org/HighBP](https://www.cardiosmart.org/HighBP) to learn more about High Blood Pressure.