

Tips to Improve Your Blood Pressure



Eat
**a heart-
healthy
diet.**



Quit
smoking.



Limit
**alcohol
intake.**



Take your
**medication
as prescribed.**



Get
**physically
active.**



Make
**your doctor
appointments.**



Reduce
stress.



Ask for
support.

HEALTHY & UNHEALTHY Blood Pressure Ranges

Blood Pressure Category	SYSTOLIC mm Hg (upper number)	<i>and/or</i>	DIASTOLIC mm Hg (lower number)
Normal	Less than 120	<i>and</i>	Less than 80
Elevated	120-129	<i>and</i>	Less than 80
High Blood Pressure (Hypertension) STAGE 1	130-139	<i>or</i>	80-89
High Blood Pressure (Hypertension) STAGE 2	140 or higher	<i>or</i>	90 or higher
HYPERTENSIVE CRISIS (Consult your doctor immediately)	Higher than 180	<i>and/or</i>	Higher than 120

Source: www.heart.org/en/health-topics/high-blood-pressure/changes-you-can-make-to-manage-high-blood-pressure



**For more information about
blood pressure, scan this
QR code with your smart phone.**



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