

Blood Pressure

Blood pressure readings tell us how healthy our heart and blood vessels are.

Blood pressure is taken as two measurements:

Top number - the pressure of your blood pumping when your heart beats.

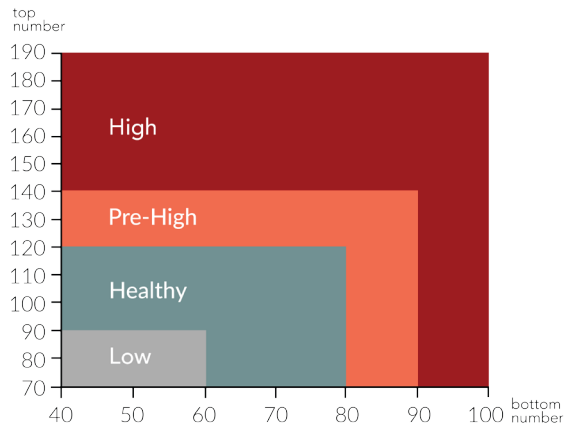
Bottom number - the pressure of your blood pumping in between heartbeats.

Generally speaking, 120/80 is a healthy reading.

If your blood pressure is high, this can lead to blockages in your vessels which cause strokes and heart attacks. Nobody wants that. Low blood pressure can also cause problems, like fainting and dizzy spells.

WHAT IS MY BLOOD PRESSURE?

Write it down here and plot it on the chart. If your blood pressure is not in the healthy green range then make an appointment with your doctor to get it re-checked.



HOW DO I LOWER MY BLOOD PRESSURE?

Our best tips for lowering blood pressure without medication are:

- Slim down
- Stop smoking
- Drink less alcohol
- Eat less salt
- Exercise more

For more information visit the Blood Pressure page in the Health Topics section of our website.