

UNDERSTANDING YOUR BLOOD PRESSURE

MORE THAN 139 SYSTOLIC
MORE THAN 89 DIASTOLIC

130 - 139 SYSTOLIC
85 - 89 DIASTOLIC

LESS THAN 120 SYSTOLIC
LESS THAN 80 DIASTOLIC



YOUR BLOOD PRESSURE
IS HIGH

APPROACHING HIGH RISK;
LIFESTYLE MODIFICATION
I.E.: DIET & EXERCISE

HEALTHY RANGE
MAINTAIN A HEALTHY
LIFESTYLE