

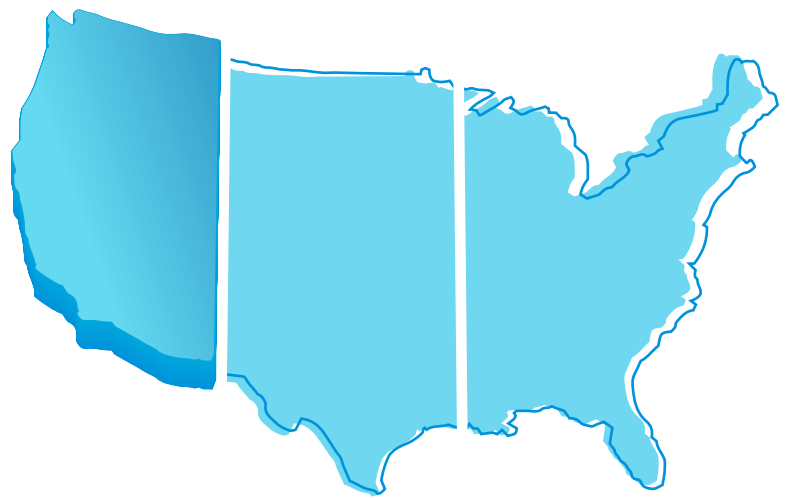
TAKE HEART.♥

Blood Pressure & Tips to Reduce

#TakeHeart

1 IN 3 AMERICANS HAVE HIGH BLOOD PRESSURE

Only about 1/2 of people with high blood pressure have it under control.



TIPS TO LOWER BLOOD PRESSURE

- Lose Weight
- Exercise Regularly
- Eat Healthy
- Limit Alcohol

- Quit Smoking
- Cut Back on Caffeine
- Reduce Stress

KNOW YOUR NUMBERS

Monitor your blood pressure regularly.

BLOOD PRESSURE CATEGORY	SYSTOLIC MM HG		DIASTOLIC MM HG
Normal	Less than 120	and	Less than 80
Elevated	120 - 129	and	Less than 80
High Blood Pressure (Hypertension Stage 1)	130 - 139	or	80 - 89
High blood pressure (Hypertension) stage 2	140 or higher	or	90 or higher
Hypertensive crisis (Consult your doctor immediately)	Higher than 180	and/or	Higher than 120

Talk with a doctor to learn more about blood pressure reduction tips