

What Is Blood Pressure?

Blood Pressure (BP)

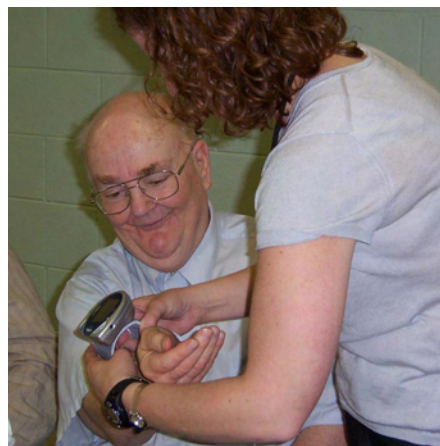
- Blood flow through your heart
- Changes depending on activity, temperature, diet, how you feel, posture, physical state, and medication use



Normal BP: below 120/80 mm Hg

Blood Pressure Cuff

- Soft
- Wraps around your arm or your wrist to see how fast and heavy your blood is flowing
- Is used to find out how well your heart is sending blood through your body



How to prevent high blood pressure:

- Maintain healthy weight
- Do not smoke
- Do regular physical activity
- Eat less salt, and eat as many fruits and vegetables as you can
- Avoid drinking too much alcohol
- Relax

My BP (resting) _____ My BP (after activity) _____