

The Beat Goes On



Simply check your blood pressure at the beginning of the program and gain credit for simply improving one or both numbers. Fill in the information below. Feel free to monitor your blood pressure regularly throughout the course of the program. Blood Pressure Cuffs have been made available at your site. Keep in mind that your local Wal-Mart, libraries, and pharmacies often have blood pressure machines if you are interested in checking your blood pressure outside of work. You can also purchase a blood pressure cuff inexpensively if you want one for your home.



Starting Top #
(Systolic)

How does your
starting #
compare to the
chart below?

Starting
Bottom #
(Diastolic)

Top 3 Things You Can Do to Lower Your Blood Pressure

- 1st. Reduce/eliminate processed, packaged, and sodium filled foods
- 2nd. Lose weight if you are carrying excess body fat
- 3rd. Exercise regularly

Systolic (Top Number)

- ▶ Normal = 120 or below
- ▶ Prehypertension = 120-139
- ▶ Stage 1 hypertension = 140-159
- ▶ Stage 2 hypertension = above 160

Diastolic (Bottom Number)

- ▶ Normal – 80 or below
- ▶ Prehypertension = 80-89
- ▶ Stage 1 hypertension = 90-99
- ▶ Stage 2 hypertension = above 100