



**KEEP
HEALTHY
AND
KNOW YOUR
NUMBERS**

What's your blood pressure?

Why is blood pressure important?

High blood pressure, also called hypertension, is a “silent killer.” You can have it for years without knowing. High blood pressure puts you at greater risk for a heart attack, stroke and kidney disease. Knowing your blood pressure is the first step to a healthy heart. You can go to your doctor or clinic to find out your blood pressure. If it’s high, you can work with your doctor to make lifestyle changes and take medicine to control it.

What is a healthy blood pressure?

Healthy: Less than 120/Less than 80

Elevated: 120-129/Less than 80

High: 130/80 and above

What can I do to lower my blood pressure?

Eat Healthy

Try eating less packaged and processed foods that are high in salt. Include fruits and vegetables in every meal.

Be Active

Add small amounts of exercise to your day to reach a minimum of 2.5 hours of physical activity a week.

Sleep More

Aim for seven to eight hours of solid sleep a night.

Talk to your doctor or healthcare provider

Ask your doctor to measure your blood pressure and your other health numbers, like blood sugar and cholesterol. You can also go to a clinic to get your numbers. Find a clinic near you at:

health.westchestergov.com/community-health-centers

Use this wallet card to log your blood pressure and other important numbers.



	Ideal	My Numbers	My Numbers
Date	Ex: mm/dd/yyyy	/ /	/ /
Blood Pressure	< 120/< 80		
Blood Sugar	< 100		
Total Cholesterol	< 200		
LDL (Bad) Cholesterol	<100		
HDL (Good) Cholesterol	≥ 60		
Triglycerides	< 150		
Waist Size	Men<40" Women<35"		
Exercise at least 30 minutes/day, 5 days/week to help maintain good numbers.			