



# Healthy Hearts



Your heart is responsible for distributing oxygen and nutrients to every cell in your body. When your heart pumps blood through arteries, blood puts pressure on artery walls, known as blood pressure. Blood pressure rises and falls throughout the day. Usually, there are no warning signs or symptoms for high blood pressure. It can develop over time with unhealthy habits. The higher your blood pressure levels, the greater your risk for other health problems such as heart disease, heart attack, and stroke.

Systolic (mmHg)	Diastolic (mmHg)	Blood Pressure Classification
119 or lower	79 or lower	Normal
120-129	79 or lower	Elevated
130-139	80-89	Stage 1 Hypertension
140 or higher	90 or higher	Stage 2 Hypertension
Higher than 180	Higher than 120	Hypertensive Crisis

## Healthy heart tips:

**Get your blood pressure checked.** Speak with your healthcare provider about your risk for heart disease. Smoking, high blood pressure, and high cholesterol are risk factors for developing heart disease. Keep your body healthy by eating a balanced diet, getting physical activity, and avoiding smoking and second-hand smoke.

**Manage stress.** Mental health can positively or negatively impact your heart. Managing stress may lower your risk of heart disease. A few tips include making time for friends and family, getting enough sleep, practicing relaxation techniques, and finding a hobby.

**Get support.** Working with a coach can help you achieve your goals.

This information does not provide medical advice, diagnosis or treatment. It should not be used as a substitute for health care from a licensed healthcare professional. Consult with your healthcare provider for individualized treatment or before beginning any new program.

Source:  
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HEALTHY HEARTS!  
HEALTHY YOU!

