

# Making Healthy Choices

## Keeping Blood Pressure in Check

### Factors that raise your risk:

- Age
- Family history and genetics
- Unhealthy lifestyle habits
- Medications
- Medical conditions
- Race or ethnicity
- Gender
- Social and economic factors



### Tips for Keeping BP Normal

- Choose heart healthy foods (DASH Diet)
- Avoid or limit alcohol
- Get regular physical activity
- Aim for a healthy weight
- Quit smoking
- Manage stress
- Get enough sleep (7-9 hours/night)

Blood Pressure Category	Systolic (upper number)	Diastolic (lower number)
Normal	Less than 120	Less than 80
Elevated	120-129	Less than 80
High (stage 1)	130-139	80-89
High (stage 2)	140 +	90 +
Hypertensive Crisis	180 +	120 +

Sources:  
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HEALTHY HEARTS!  
HEALTHY YOU!

