

Know your Blood Pressure Numbers

Category	Systolic (Higher #)	and/or	Diastolic (lower #)
Normal	120 or lower	and	80 or lower
Elevated	120 - 129	and	80
Stage 1 Hypertension	130 - 139	or	80 -90
Stage 2 Hypertension	140 or higher	or	90 or higher
Stage 3 Hypertension	Above 180	and/or	Above 120

The table above illustrates the ranges one must be and not be in to maintain an adequate daily blood pressure level.

Taking your blood pressure daily can help you to monitor your blood pressure so that you can have a better idea of the functioning of your heart.