

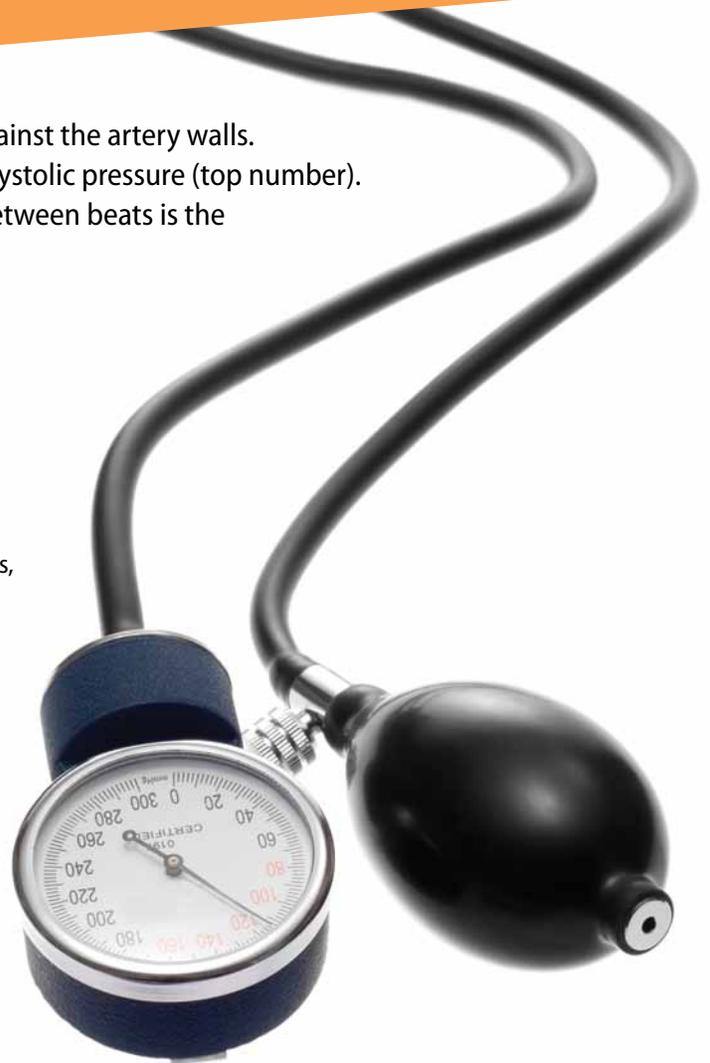
# Know your numbers blood pressure

Blood pressure is the force of blood against the artery walls. The pressure as the heart beats is the systolic pressure (top number). The point at which the heart relaxes between beats is the diastolic pressure (bottom number).

Normal blood pressure is less than 120/80. High blood pressure increases your risk for heart disease, stroke and kidney disease. And often, it has no warning signs or symptoms.

You can prevent and control high blood pressure by taking action:

- Eat healthy. Load up on fruits and vegetables, lean meats and low-fat dairy products
- Reduce salt intake
- Maintain a healthy weight
- Reduce stress
- Exercise 30 minutes a day
- Quit tobacco
- Limit alcohol intake



Source: [www.nhlbi.nih.gov/hbp/hbp/intro.htm](http://www.nhlbi.nih.gov/hbp/hbp/intro.htm)

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