Blood Pressure Worksheet

1. What Is Blood Pressure?

2. What does the Systolic pressure of a blood pressure measurement mean?

3. What does the Diastolic pressure of a blood pressure measurement mean?

4. What is a healthy range for a blood pressure measurement?
   Systolic _______
   Diastolic _______

5. What was your score?
   Systolic _______
   Diastolic _______

What causes Hypertension?

Heredity
High sodium intake
Smoking
Obesity (especially upper body)

Chronic Stress
Alcohol intake
Inactivity
BMI and Waist to hip ratio screenings

Remedies:

Increase your Aerobic exercise
Reduce or Restrict use of smoking, alcohol, and sodium
Proper nutrition
Take Prescribe Medication