

# HEALTHY BODY NUMBERS / BLOOD PRESSURE

CATEGORY	SYSTOLIC BLOOD PRESSURE (mmHG)	DIASTOLIC BLOOD PRESSURE (mmHG)
NORMAL	< 120	< 80
PRE-HYPERTENSION	120 - 139	80 - 89
STAGE 1 HYPERTENSION	140 - 159	90 - 99
STAGE 2 HYPERTENSION	≥ 160	≥ 100

*Pre-hypertension is a warning sign that you may develop high blood pressure in the future.*

*Stage 1 hypertension is the beginning stage of high blood pressure.*

*Stage 2 hypertension is severe high blood pressure.*

*Based on Joint National Committee on Prevention, Detection, Evaluation and Treatment of High Blood Pressure guidelines*