

Blood Pressure and Exercise

Normal values: 120/80 mm Hg (SBP/DBP)

DBP	SBP		
	< 120	120–139	> 140
< 80	Optimal	Prehypertension	High
80–89	Prehypertension	Prehypertension	High
> 90	High	High	High

Sources: American College of Sports Medicine. (2006). *ACSM's guidelines for exercise testing and prescriptions* (7th ed.). Indianapolis, IN: Author; American Heart Association (2003).

SBP (Systolic Blood Pressure):

maximum pressure exerted when heart contracts

DBP (Diastolic Blood Pressure):

pressure in arteries when the heart is at rest

mm Hg: millimeters of mercury

Hypertension: high blood pressure

DO NOT EXERCISE IF

SBP is > 200 mm Hg

DBP is >100 mm Hg

What Is Blood Pressure?

Blood Pressure (BP)

- Blood flow through your heart
- Changes depending on activity, temperature, diet, how you feel, posture, physical state, and medication use



Normal BP: below 120/80 mm Hg

Blood Pressure Cuff

- Soft
- Wraps around your arm or your wrist to see how fast and heavy your blood is flowing
- Is used to find out how well your heart is sending blood through your body



How to prevent high blood pressure:

- Maintain healthy weight
- Do not smoke
- Do regular physical activity
- Eat less salt, and eat as many fruits and vegetables as you can
- Avoid drinking too much alcohol
- Relax

My BP (resting) _____ My BP (after activity) _____