

NAME: _____ DATE: _____

BLOOD PRESSURE

Complete the sentences below.

There are not one, but T _____ blood pressure numbers. The top one is called the S _____ blood pressure and the bottom one is called the D _____ blood P _____.

Systolic blood pressure occurs every time you H _____ beats and forces B _____ out into your blood vessels called A _____. The D _____ blood pressure occurs when the heart is at R _____ between B _____ and can now fill with B _____.

Normal blood pressure numbers are _____ over _____. To maintain this good blood pressure, keep an active L _____ and a healthy D _____.

Higher than normal blood pressure is called H _____. Match the organs and problems that can occur if your have high blood pressure.

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|-----------|------------------|
| • EYES | • Heart attack |
| • KIDNEYS | • Stroke |
| • BRAIN | • Kidney failure |
| • HEART | • blindness |

To prevent high blood pressure:

1. do not eat food with too much S _____
2. Walk, jog, and get lots of E _____
3. Eat more F _____, F _____ and V _____.
4. Drink less A _____