



Systolic and Diastolic Definition

The top reading (systolic) showing pressure when the heart contracts/beats.

The lower reading (diastolic) the pressure when the heart relaxes in between beats to fill up with blood.

Local places to take your blood pressure

Walmart- Adrian

Meijer- Adrian

Kmart- Adrian

Rite Aid- Adrian

You should always take your blood pressure more than once to get an accurate reading. Take your blood pressure three times in one sitting to get an average.

You should wait 5 minutes resting in a chair before taking your blood pressure. When taking your blood pressure you should sit in an upright position, legs uncrossed, feet on floor and arms supported at the level of you heart.