

Here Are General Guidelines for The **Height**, **Blood Pressure**, And **Heart Rate** Values That Users Might Enter in The Health Check-Up System. These Guidelines Align with Standard Medical References:

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## 1. Height

- **Measurement Unit:** Centimeters (cm).
  - **Ranges:**
    - For **adults**: Typically ranges from **140 cm to 200 cm**.
    - For **children (5–18 years)**: Typically ranges from **90 cm to 180 cm**, depending on age.
  - **Example Inputs:**
    - **Adult**: 170 cm
    - **Child**: 120 cm
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## 2. Blood Pressure

- **Measurement Unit:** mmHg (millimeters of mercury).
- **Format:** Two numbers separated by a slash (e.g., 120/80).
  - **Systolic Pressure** (top number): Pressure during heartbeats.
  - **Diastolic Pressure** (bottom number): Pressure between heartbeats.

### Normal Blood Pressure Ranges:

- **Normal**: Systolic: **<120 mmHg**, Diastolic: **<80 mmHg** (e.g., 120/80).
- **Elevated**: Systolic: **120–129 mmHg**, Diastolic: **<80 mmHg**.
- **High (Hypertension)**:
  - Stage 1: Systolic: **130–139 mmHg**, Diastolic: **80–89 mmHg**.

- Stage 2: Systolic:  $\geq 140$  mmHg, Diastolic:  $\geq 90$  mmHg.
  - **Low (Hypotension):** Systolic:  $< 90$  mmHg, Diastolic:  $< 60$  mmHg.
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### 3. Heart Rate

- **Measurement Unit:** Beats per minute (bpm).
- **Ranges:**
  - **Normal resting heart rate for adults:** 60–100 bpm.
  - **Normal resting heart rate for children:** 70–120 bpm, depending on age.

#### Abnormal Values:

- **Bradycardia (slow):** Heart rate  $< 60$  bpm (in adults, unless they are athletes).
- **Tachycardia (fast):** Heart rate  $> 100$  bpm (in adults, at rest).

