

BLOOD PRESSURE HEART RATE CHART

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CATEGORY	SYSTOLIC mm Hg (upper number)	DIASTOLIC mm Hg (lower number)
LOW BLOOD PRESSURE	< 80	< 60
NORMAL	80-120	60-80
PREHYPERTENSION	120-139	80-89
HYPERTENSION STAGE 1	140-159	90-99
HYPERTENSION STAGE 2	160 or higher	100 or higher
HYPERTENSION STAGE 3	> 180	> 100

