

# Hoops for Heart 2006

## Blood Pressure



Blood is carried from the heart to all parts of your body in vessels called arteries. Blood pressure is the force of the blood pushing against the walls of the arteries.

Blood pressure readings are usually given as two numbers:

110 over 70 (written as 110/70).

- The higher (systolic) number represents the pressure while the heart is beating.
- The lower (diastolic) number represents the pressure when the heart is resting between beats.

**YOUR BLOOD PRESSURE:** \_\_\_\_\_ / \_\_\_\_\_

### Girls

Age	Systolic Range (Higher #)	Diastolic Range (Lower #)
11	100-131	60-89
12	102-133	61-90
13	104-135	62-91
14	106-136	63-92
15	107-138	64-93

### Boys

Age	Systolic Range (Higher #)	Diastolic Range (Lower #)
11	99-132	59-90
12	101-135	59-91
13	104-137	60-91
14	106-140	60-92
15	109-142	61-93