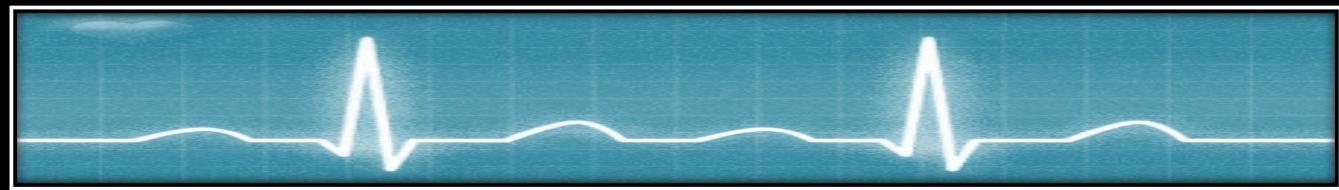


## Normal Vital Signs

Resting Heart Rate Chart For Men								
Age	Athletes	Excellent	Good	Above Ave.	Ave.	Below Ave.	Poor	
18-25	49-55	56-61	62-65	66-69	70-73	74-81	82+	
26-35	49-54	55-61	62-65	66-70	71-74	75-81	82+	
36-45	50-56	57-62	63-66	67-70	71-75	76-82	83+	
46-55	50-57	58-63	64-67	68-71	72-76	77-83	84+	
56-65	51-56	57-61	62-67	68-71	72-75	76-81	82+	
65+	50-55	56-61	62-65	66-69	70-73	74-79	80+	

Resting Heart Rate Chart For Women								
Age	Athletes	Excellent	Good	Above Ave.	Ave.	Below Ave.	Poor	
18-25	54-60	61-65	66-69	70-73	74-78	79-84	85+	
26-35	54-59	60-64	65-68	69-72	73-76	77-82	83+	
36-45	54-59	60-64	65-69	70-73	74-78	79-84	85+	
46-55	54-60	61-65	66-69	70-73	74-77	78-83	84+	
56-65	54-59	60-64	65-68	69-73	74-77	78-83	84+	
65+	54-59	60-64	65-68	69-72	73-76	77-84	84+	



Blood Pressure Category	Systolic mm Hg (upper #)	and	Diastolic mm Hg (lower #)
Normal	less than 120		less than 80
Prehypertension	120 – 139	or	80 – 89
High Blood Pressure (Hypertension) Stage 1	140 – 159	or	90 – 99
High Blood Pressure (Hypertension) Stage 2	160 or higher	or	100 or higher
Hypertensive Crisis (Emergency care needed)	Higher than 180	or	Higher than 110

## Blood Pressure

- The force of blood on walls of blood vessels
- Blood pressure highest in arteries and lowest in veins
  - A rise and fall of pressure occurs with heartbeat
  - Normal pulse rates are 60-100 beats per minute for adults
- Measured using two numbers
  - Systolic** → measures pressure caused by ventricles contracting and pushing blood out of heart
  - Diastolic** → measures pressure that occurs as ventricles fill with blood
- Your brain tries to keep B.P constant. Your brain sends messages to your heart to raise or lower your blood pressure by speeding up or slowing down your heart rate

