

## 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 #)

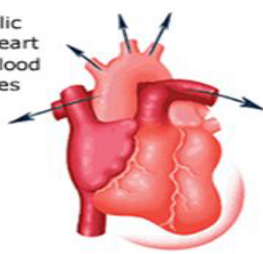
### Diastolic mm Hg (lower #)

Normal	less than 120	and	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

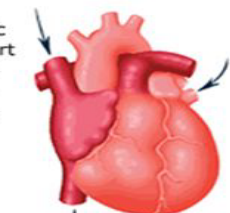
## Blood Pressure

- 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

**SYSTOLIC**  
In the systolic phase the heart contracts, blood pressure rises and blood moves out along the vessels.



**DIASTOLIC**  
In the diastolic phase the heart relaxes, blood pressure falls and blood fills the heart.



**High**  
Systolic 140 or above OR  
Diastolic 90 or above

**Pre-High**  
Systolic between 121-139 OR  
Diastolic between 81-89

**Normal**  
Systolic 120 or less AND  
Diastolic 80 or less

