

KNOW YOUR BLOOD PRESSURE NUMBERS

The chart below shows normal, at-risk, and high blood pressure levels. A blood pressure less than 120/80 mmHg is normal. A blood pressure of 140/90 mmHg or more is too high. People with levels in between 120/80 and 140/90 have a condition called prehypertension, which means they are [at high risk for high blood pressure](#). If you are concerned with your numbers, please discuss with your provider during your visit.

Blood Pressure Levels	
Normal	systolic: less than 120 mmHg diastolic: less than 80mmHg
At risk (prehypertension)	systolic: 120–139 mmHg diastolic: 80–89 mmHg
High	systolic: 140 mmHg or higher diastolic: 90 mmHg or higher



Race to boost your Heart Health

Denver and surrounding areas host numerous races that are sure to get your heart muscle in top shape. Check out the following and set your goal to finish a race this year.

Colorado Rockies Home Run Race

<https://www.mlb.com/rockies/fans/5k>

Rock and Roll Half Marathon

<http://www.runrocknroll.com/denver/>

February 2019

AMERICAN HEART MONTH

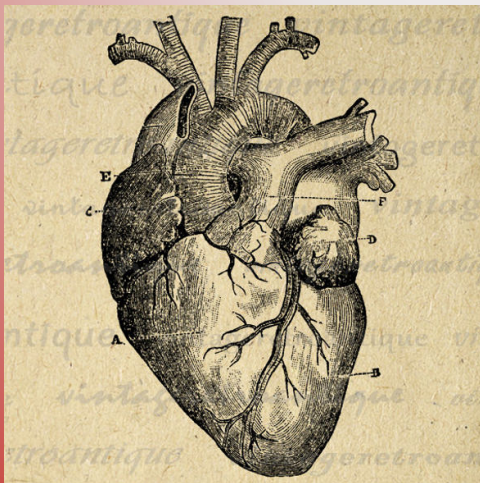


TAKE SMALL STEPS TOWARD A
HEALTHIER HEART

GOOD EATS * EAT THREE DIFFERENT FRUITS AND VEGGIES A DAY * SAY NO TO PROCESSED FOODS * COOK AT HOME MORE OFTEN * **GET MOVING** * EXERSIZE 30 MINUTES A DAY FIVE DAYS PER WEEK * TAKE A CLASS * SIGN UP FOR A 5K * USE A FITNESS APP

* **QUIT SMOKING** * CALL 1-800-QUIT-NOW * DON'T GIVE UP *

KNOW YOUR BLOOD PRESSURE * CHECK IT * LIMIT ALCOHOL * TAKE TIME TO RELAX * TAKE SLOW DEEP BREATHS AND THINK PEACEFUL THOUGHTS FOR 10-15 MIUTES PER DAY * TAKE YOUR MEDICATIONS AS PRESCRIBED * TALK TO YOUR HEALTH CARE PROVIDER ABOUT UNDERSTANDING YOUR BLOOD PRESSURE AND CHOLESTEROL NUMBERS



February Supplement of the Month:
Cardio Essentials by Xymogen

Cardio Essentials supports overall cardiovascular health and during the month of February, Sound Clinic patients will receive a 10% discount on all Cardio Essentials purchases.

SOUND CLINIC team will wear **RED** every
Friday in February for Heart Health Awareness