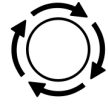
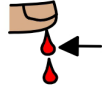
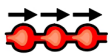




Blood pressure



Your heart pumps blood around your body.



=



This force is called blood pressure.



Your blood pressure goes up when you're excited or exercise.



Your blood pressure goes down when you're calm or sleeping.



=



High blood pressure can be dangerous.



Blood pressure



To keep your blood pressure low:



Lose weight



eat healthy foods



cut down salt



cut down alcohol



exercise



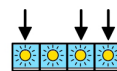
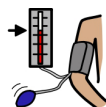
don't smoke



reduce stress



Cut down tea and coffee



If you're worried check your blood pressure regularly.