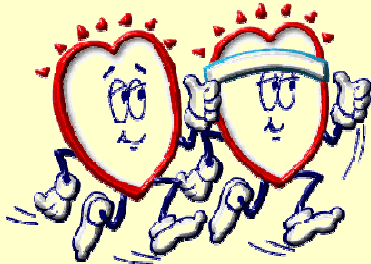


The Beat Goes On

Registration Form

Simply check your blood pressure at the beginning of the program and gain credit for simply improving one or both numbers. Simply fill in the information below. Feel free to monitor you blood pressure regularly throughout the course of this program.

Blood Pressure Cuffs have been made available at your site. Keep in mind that your local Wal-mart, libraries, and pharmacies often have blood pressure machines if you are interested in checking your blood pressure outside of work. You can also purchase a blood pressure cuff for approximately \$30.00 if you want one for your home.



Last Name: _____

First Name: _____

ID # _____

**Starting Top #
(Systolic)**



**Starting Bottom #
(Diastolic)**

Top 3 Things You Can Do to Lower Your Blood Pressure

- 1st. Reduce/eliminate processed, packaged, & sodium filled foods
- 2nd. Lose weight if you are carrying excess body fat
- 3rd. Exercise regularly

Systolic (Top #)

Normal = 120 or below
Prehypertension = 120-139
Stage 1 Hypertension = 140-159
Stage 2 Hypertension = above 150

Diastolic (Bottom #)

Normal = 80 or below
Prehypertension = 80-89
Stage 1 Hypertension = 90-99
Stage 2 Hypertension = above 100

