

Resource Guide

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Healthy Habits with your CMD: What Does Your Blood Pressure Reading Mean?

- Blood pressure readings are always given in pairs. The first number is your systolic pressure, and the second number is your diastolic pressure.
- Systolic pressure measures the force of the blood when your heart contracts. Diastolic pressure measures the pressure when your heart relaxes between beats.
- A normal blood pressure reading is around 120/80. A blood pressure reading of 130/80 is considered high-risk.
- Everyone's target blood pressure will be different depending on factors like age and existing medical conditions.
- Talk to your primary care provider to find out what your target blood pressure should be.



Learn more about blood pressure guidelines from the [Heart & Stroke Foundation of Canada](#).

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