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.