

KNOW YOUR NUMBERS

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120 – 129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130 – 139	or	80 – 89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
<u>HYPERTENSIVE CRISIS</u> (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

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The figures are averages, so use them as general guidelines.

Age	Target HR Zone 50-85%	Average Maximum Heart Rate, 100%
20 years	100-170 beats per minute	200 beats per minute
30 years	95-162 beats per minute	190 beats per minute
35 years	93-157 beats per minute	185 beats per minute
40 years	90-153 beats per minute	180 beats per minute
45 years	88-149 beats per minute	175 beats per minute
50 years	85-145 beats per minute	170 beats per minute
55 years	83-140 beats per minute	165 beats per minute
60 years	80-136 beats per minute	160 beats per minute
65 years	78-132 beats per minute	155 beats per minute
70 years	75-128 beats per minute	150 beats per minute

Important Note: A few [high blood pressure medications](#) lower the maximum heart rate and thus the target zone rate. If you're taking such medicine, call your physician to find out if you need to use a lower target heart rate.

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Normal Results

For resting heart rate:

- Newborns 0 to 1 month old: 70 to 190 beats per minute
- Infants 1 to 11 months old: 80 to 160 beats per minute
- Children 1 to 2 years old: 80 to 130 beats per minute
- Children 3 to 4 years old: 80 to 120 beats per minute
- Children 5 to 6 years old: 75 to 115 beats per minute
- Children 7 to 9 years old: 70 to 110 beats per minute
- Children 10 years and older, and adults (including seniors): 60 to 100 beats per minute
- Well-trained athletes: 40 to 60 beats per minute