

## What Is Blood Pressure?



Blood pressure is the force of blood against the walls of arteries. Blood pressure is recorded as two numbers—the systolic pressure (as the heart beats) over the diastolic pressure (as the heart relaxes between beats). The measurement is written one above or before the other, with the systolic number on top and the diastolic number on the bottom. For example, a blood pressure measurement of 120/80 mmHg (millimeters of mercury) is expressed verbally as "120 over 80."

[Normal blood pressure](http://www.nhlbi.nih.gov/hbp/bp/bp.htm) is less than 120 mmHg systolic and less than 80 mmHg diastolic.  
<http://www.nhlbi.nih.gov/hbp/bp/bp.htm>

For more information about your blood pressure go to the link above. It is a branch of the federal government.