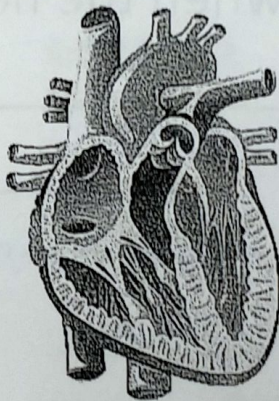


# Blood Pressure vs Heart Rate

Blood Pressure = force of blood on blood vessels

Heart Rate = number of times your heart pumps over time

In order to move blood throughout your body,



with every

heart beat

your heart

creates

PRESSURE

to force

blood

through the

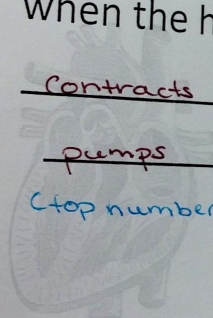
Circulatory

system.

Pressure vs Heart Rate

in order to  
blood  
throughout your

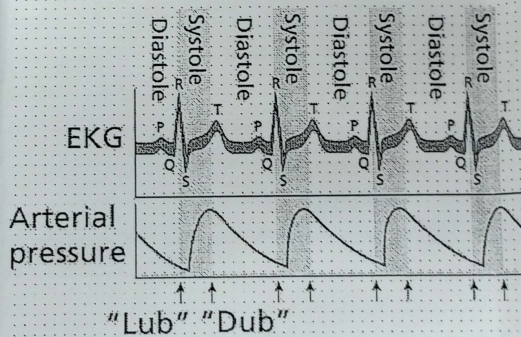
**Systolic Pressure:**  
the pressure  
on the arteries  
when the heart  
contracts or  
pumps  
(top number)



**Blood Pressure:** the  
force that the blood  
exerts on the walls of  
the arteries

**Diastolic Pressure:** the  
pressure on the  
arteries when  
the heart  
relaxes  
between  
heart beats  
(bottom number)

A normal electrocardiogram (EKG)



120 = systolic (120-90 normal range)

80 = diastolic (80-60 normal range)