

Michele the Trainer

- ♥ Personal Training
- ♥ Weight Loss
- ♥ Nutrition / Food
- ♥ Yoga
- ♥ Post Physical Therapy
- ♥ Aquatics



Michele the Trainer is your concierge personal trainer with a mobile studio. Michele lost 165 pounds and has kept it off for over 12 years. Learn how to keep it off with Michele the Trainer!

We are not doctors. The content of this article is not intended to substitute for medical advice.

Date: _____ Name: _____

Your Blood Pressure Reading: _____

You received a free blood pressure reading which indicates your Blood Pressure is*

| | | |
|---------------------------------|--|--|
| Normal <input type="checkbox"/> | Borderline <input type="checkbox"/> (Please make an appointment with your doctor) | High <input type="checkbox"/> (Please seek medical attention immediately) |
|---------------------------------|--|--|

*This chart reflects what the American Heart Association defines as recommendation for healthy blood pressure

| Category | Systolic (Top Number) | Diastolic (Bottom Number) |
|---------------------|-----------------------|---------------------------|
| Normal | Less than 120 | Less than 80 |
| Pre-Hypertension | 120-139 | 80-89 |
| High Blood Pressure | | |
| Stage 1 | 140-159 | 90-99 |
| Stage 2 | 160 or higher | 100 or higher |