



American Heart Association.

KIDS | **AMERICAN**
HEART | **HEART**
CHALLENGE™ | **CHALLENGE™**

FAMILY ACTIVITY

As a family, go to your local pharmacy to get your blood pressure (BP) checked and log everyone's results. Do this every week for a month to make sure everyone knows their numbers. Use the "Tips for Success - Live Links" to see how you can best manage your blood pressure.

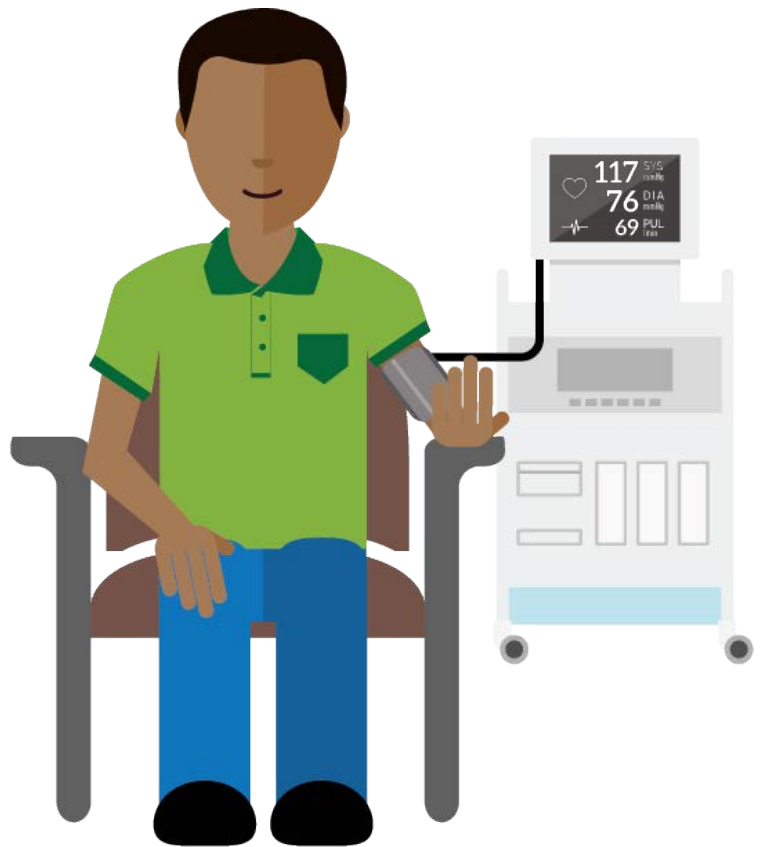
Myth: High blood pressure runs in my family. There is nothing I can do to prevent it.

Fact: High blood pressure can run in families. If your parents or close blood relatives have had high blood pressure, you are more likely to develop it, too. However, lifestyle choices have allowed many people with a family history of high blood pressure to avoid it themselves.

Myth: I feel fine. I don't have to worry about high blood pressure.

Fact: Over 100 million U.S. adults have high blood pressure. Many people have high blood pressure for years without knowing it. It's often called "the silent killer" because it usually has no symptoms.

You may not be aware that it's damaging your arteries, heart and other organs. Know your numbers and don't make the mistake of assuming any specific symptoms will let you know there's a problem.



Tips for Success - Live Links

1. If you have high blood pressure:

- [Changes You Can Make to Manage High BP](#)
- [Mindfulness Resources](#)
- [Stress Management](#)
- [Blood Pressure Toolkit](#)

2. Maintaining a normal blood pressure:

- [How to Get Your Family Active](#)
- [Daily Tips to Help Keep Your Family Active](#)
- [Heart Healthy Recipes](#)
- [Cooking Skills](#)
- [25 Ways to Get Moving at Home](#)
- [Why is Walking the Most Popular Form of Exercise?](#)
- [Kids Physical and Mental Health](#)
- [Managing BP with a Heart-Healthy Diet](#)
- [Recommendations for Physical Activity in Adults and Kids](#)

3. If your blood pressure is consistently low contact your physician.

- [When Blood Pressure Is Too Low](#)



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Life's Essential 8™

→ for kids