



Blood Pressure Levels		
Comment	Systolic	Diastolic
Far too high, medication is required to reduce chances of heart attack or stroke	230	135
	225	130
	220	130
	215	125
	210	125
	205	120
	200	120
	195	115
	190	115
	185	110
Too high, medication is strongly advised – seek advice of doctor	180	110
	175	105
	170	105
	165	100
Too high, most doctors will prescribe medication	160	100
	155	95
	150	95
	145	90
Borderline	140	90
	135	85
Good	130	85
	125	80
Very Good	120	80
	115	75
Excellent	110	70
	105	70
	100	65
Athletes	95	65
	90	60
	85	55
Too low, medication may be required to prevent fainting	80	55
	75	50
	70	50
	65	45
Far too low, medication is necessary – seek advice of doctor	60	45
	55	40
	50	35