



WE SHOULD ALL KNOW OUR

# Primary Health Numbers

WHY IT'S  
IMPORTANT  
TO KNOW  
THESE  
NUMBERS  
FOR YOUR  
HEALTH!!

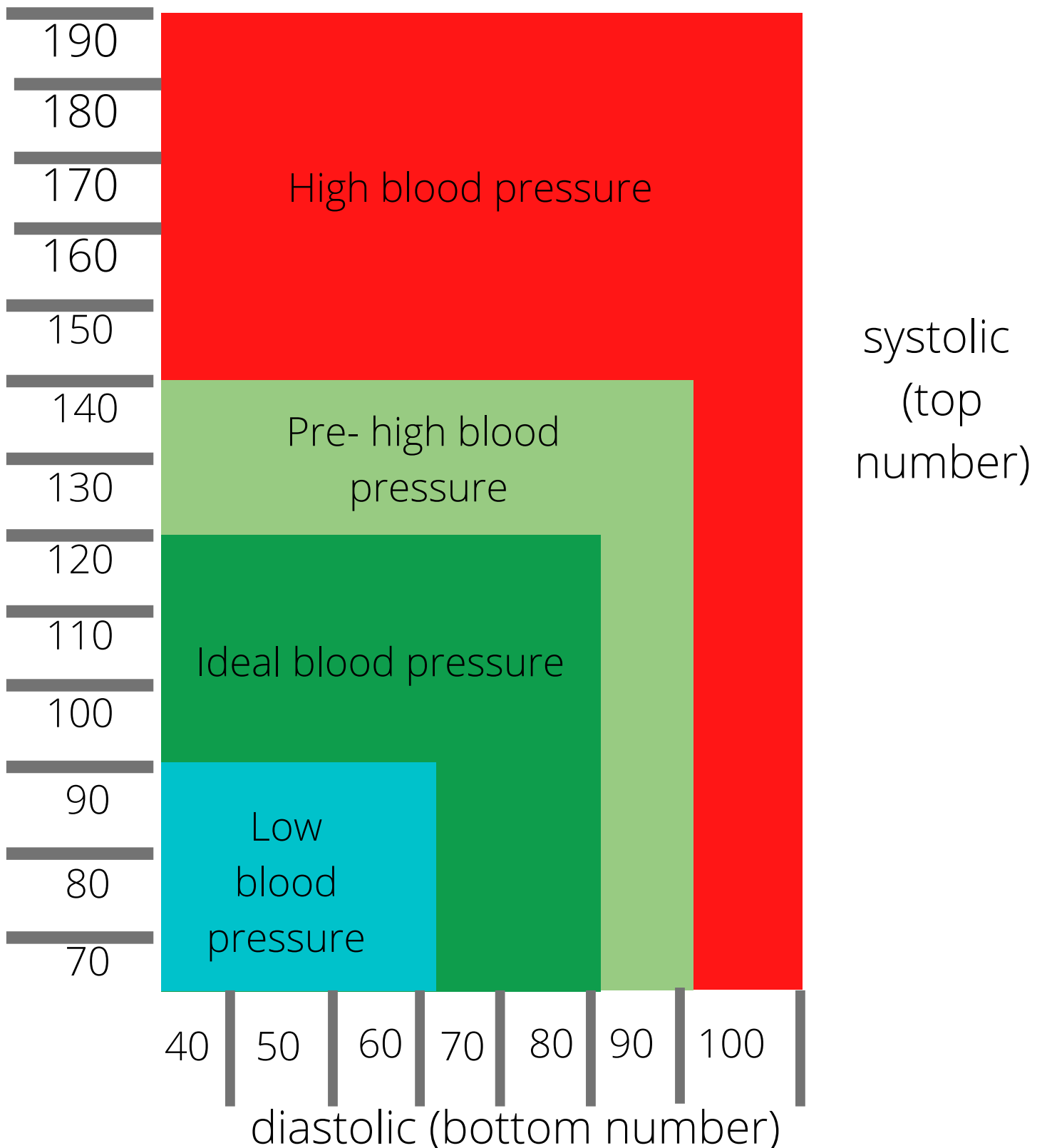
# Blood Pressure

These are a number you should know to monitor your health. Blood pressure is the force of your blood pushing against the walls of your arteries. 120/80 or lower is normal, and 140/90 or higher is high blood pressure. There are no symptoms of high blood pressure; you have to get it checked and monitor it. If you have high blood pressure and it's not under control, it can cause a heart attack, heart failure, stroke, and kidney failure. Get it checked with your doctor or at your local drugstore. Knowing this number could save your life.

What is your blood pressure?

Is it at a healthy level?

# Blood Pressure Chart



# Oxygen

It helps keep us alive and healthy. Low oxygen levels can rob you of your eyesight, cause short-term memory, and affect your energy level. Eventually, low oxygen levels will weaken your heart muscle. A Low 80 hypoxemia occurs when there is a disruption in body function, harms vital tissues and can be life-threatening. You may experience shortness of breath. Normal 95-99

Symptoms of low oxygen in the body:

Feeling very tired

Short of breath

Extreme fatigue

Chest tightness

Mental confusion

Tingling fingers

Water retention

Chronic cough

Trouble concentrating

Unable to sleep while lying flat

Trouble thinking or concentrating

Feeling drowsy

Being irritable

Blue or gray tint to your skin, nails or lips

# Pulse

These are easy ways to monitor your health. A fast pulse may be a signal of infection or dehydration (which we just covered). During exercise or after, your pulse rate will be higher. If it is consistently high, it may indicate a problem, and you should consult your doctor. A pulse hard to feel may indicate blockages in the artery, and you should consult your doctor.

How to take your pulse: 1) Use your fingers when finding your pulse, don't use your thumb, as it has its pulse. 2) Use the pad of your three fingers and place them just below the wrist at the base of the thumb. Press lightly until you feel the pulse. Move your fingers around if you can't feel it until you can feel it. 3) Have a watch or clock with a second hand ready. You want beats per minute so you can count for 10 seconds and multiple by 6 for 60 seconds, and that will give you your pulse. Look at the chart below to see where you should be, and check yours to see where you are on the chart.

What is your pulse?

Is it a healthy number?

# Pulse Chart

## Resting Heart Rate Chart For Men

Age	Athletes	Excellent	Good	Above Ave.	Ave.	Below Ave.	Poor
18-25	49-55	56-61	62-65	66-69	70-73	74-81	82+
26-35	49-54	55-61	62-65	66-70	71-74	75-81	82+
36-45	50-56	57-62	63-66	67-70	71-75	76-82	83+
46-55	50-57	58-63	64-67	68-71	72-76	77-83	84+
56-65	51-56	57-61	62-67	68-71	72-75	76-81	82+
65+	50-55	56-61	62-65	66-69	70-73	74-79	80+

## Resting Heart Rate Chart For Women

Age	Athletes	Excellent	Good	Above Ave.	Ave.	Below Ave.	Poor
18-25	54-60	61-65	66-69	70-73	74-78	79-84	85+
26-35	54-59	60-64	65-68	69-72	73-76	77-82	83+
36-45	54-59	60-64	65-69	70-73	74-78	79-84	85+
46-55	54-60	61-65	66-69	70-73	74-77	78-83	84+
56-65	54-59	60-64	65-68	69-73	74-77	78-83	84+
65+	54-59	60-64	65-68	69-72	73-76	77-84	84+

# PH Level

What is a PH Level, and why is it so crucial to your health? Why should you test your PH level? Our bodies naturally should be an acid/alkaline balance. A balanced PH level in the body is an oxygenated body in which cancer and other illnesses cannot flourish. A well-oxygenated body keeps the blood clean. PH Levels are something that you can monitor for yourself. When the body gets to be too acidic, meaning a low PH number, then health problems can start to show up in the body. When the body is in an acid state, it stops functioning correctly, and disease can take root. It could take months to see a change in your PH level, depending on the current level. Stress can cause an acidic level in the body. The body creates acidity at a cellular level but, the fluids surrounding the cells must be alkaline. Over time, a high acid condition will block the body's absorption of vitamins and minerals. An acidic condition inhibits nerve action, and alkaline stimulates nerve action. The more acidic the body, and more cells will die. Then these dead cells turn into acid. Answer the following questions to determine if your body is in an acidic or an alkaline state.



# PH Quiz

1. How many cups of water do you drink in a day?
2. How many servings of vegetables do you get in a day?
3. How many servings of fruit do you get in a day?
4. How much alcohol do you have in a day?
5. How much pop do you drink in a day?
6. How many cups of coffee do you have in a day?
7. How many cigarettes do you smoke in a day?
8. How much exercise do you get in a week?
9. How much processed food do you eat in a day?
10. How often do you use a microwave oven in a day?
11. How much sleep do you get in a night?
12. How stressed or worried are you in life?

A	B	C
5 - 8	2 - 4	zero
3 - 4	1 - 2	zero
3 - 4	1 - 2	zero
zero	1-2 drinks	more than 2
zero	1 - 2	more than that
zero	1 - 2 cups	more than that
zero	1 - 2	more
more	1 hour	zero
zero	1 meal	more than 1 meal
zero	1	more
7 - 9 hours	4 - 6 hours	4 hours
not at all	somewhat	all the time



# Quiz Results

If your answers are more in column A, you are in a good state of alkalinity, which the body requires to be healthy.

If your answers are more in column B, you may be in a lower state of alkalinity, which is not bad, but look at some habits that need to be changed to get to a better state of alkalinity.

If your answers are more in column C, you are at risk of having colds and other health issues, and you need to take action now to change those habits to get your body in a state of alkalinity.

# Questions

Will you go and check your Primary health numbers?

Will you check your PH Level?

What can you change today to affect your health to improve?

What can you stop doing that will affect your health for the better?