



Blood Pressure Quiz

1. Blood pressure is the _____ pushing against blood vessel walls.
 - a. Amount of blood
 - b. Volume of blood
 - c. Force of blood
 - d. All of the Above
2. Which blood pressure reading would be considered a high blood pressure?
 - a. 112/68
 - b. 132/91
 - c. 120/80
 - d. All of the above
3. Which of the following increase the risk of developing high blood pressure?
 - a. Smoking, obesity, diabetes
 - b. Unhealthy diet, physical inactivity, diabetes
 - c. High cholesterol, smoking, unhealthy diet
 - d. All of the above
4. The leading cause of a stroke is _____.
 - a. Diabetes
 - b. High Cholesterol
 - c. Unhealthy Diet
 - d. High Blood Pressure
5. When cooking canned vegetables, _____ will reduce the amount of salt.
 - a. Cooking them to a boil
 - b. Cooking them slowly
 - c. Rinsing before cooking
 - d. None of the above

3 SMART Goals I am going to change in the next year to **improve blood pressure...**

- 1.
- 2.
- 3.

SMART Goals are part of every aspect of business/life and provide a sense of direction, motivation, a clear focus, and clarify importance. By setting goals for yourself, you are providing yourself with a target to aim for. A SMART goal is used to help guide goal setting. SMART is an acronym that stands for Specific, Measurable, Achievable, Realistic, and Timely. Therefore, a SMART goal incorporates all of these criteria to help focus your efforts and increase the chances of achieving your goal.

Signature _____ Printed Name _____ Date ____/____/____