



Toolbox Talks

Blood Pressure vs. Heart Rate

What is blood pressure and heart rate?

- While your blood pressure is the force of your blood moving through your blood vessels, your heart rate is the number of times your heart beats per minute. They are two separate measurements and indicators of health.
- For people with high blood pressure (HBP or hypertension!), there's no substitute for measuring blood pressure.
- Heart rate and blood pressure do not necessarily increase at the same rate. # rising heart rate does not cause your blood pressure to increase at the same rate. \$ven though your heart is beating more times a minute, healthy blood vessels dilate (get larger! to allow more blood to flow through more easily. When you exercise, your heart speeds up so more blood can reach your muscles. %t may be possible for your heart rate to double safely, while your blood pressure may respond by only increasing a modest amount.

Heart Rate and Exercise

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