



**120 over 80** (120/80) is normal blood pressure. High blood pressure (BP) raises your risk of heart disease and other conditions. If your BP is regularly higher than 120/80, talk to your GP, especially if it's over 140/90. You can get your BP checked in many pharmacies.

**menshealthweek.co.nz**



**Mens Health Week  
10-16 June, 2024**



**Take the test here**