

PROFITABLE HEALTH TIPS - 1

- God made man and give him authority over His entire creation – to dominate and exploit to his benefit.
- In His wisdom He divided knowledge and gifts to people differently and wants us to help each other achieve our desired goals.
- The same also applies to having good health or receiving healing from any illness.
- Knowing what salvation He brought to mankind our Lord Jesus declared that “all things are possible to him that believeth” Mk.9:23b
- You should therefore read, believe and apply these health tips so that you can maintain good health or receive healing for your body, as God does not want any human being to be sick.

BLOOD PRESSURE

Monitor your
blood pressure
and observe
medical
precautions to
avoid High Blood
Pressure

BLOOD PRESSURE CHART BY AGE

Age	Min	Normal	Max
1 to 12 months	75/50	90/60	110/75
1 to 5 years	80/55	95/65	110/79
6 to 13 years	90/60	105/70	115/80
14 to 19 years	105/73	117/77	120/81
20 to 24 years	108/75	120/79	132/83
25 to 29 years	109/76	121/80	133/84
30 to 34 years	110/77	122/81	134/85
35 to 39 years	111/78	123/82	135/86
40 to 44 years	112/79	125/83	137/87
45 to 49 years	115/80	127/84	139/88
50 to 54 years	116/81	129/85	142/89
55 to 59 years	118/82	131/86	144/90
60 to 64 years	121/83	134/87	147/91

SHARE WITH EVERYONE

BONES & JOINTS

OSTEOARTHRITIS

