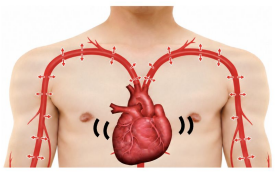
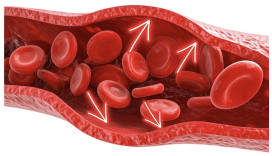
October 13 2026

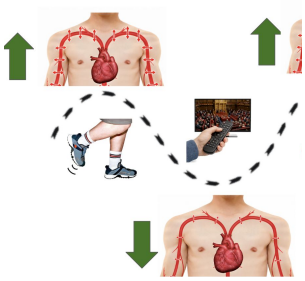
What did we talk about last week?



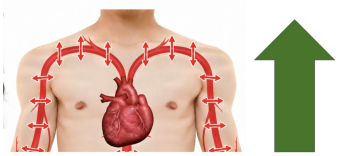
Last week, we **talked about blood pressure.**



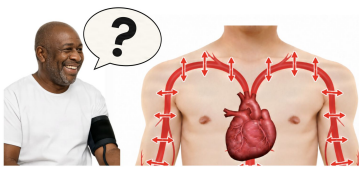
As the **blood passes** through **the body**, it **pushes** the **blood vessel walls**. This is **called blood pressure**.



Your **blood pressure goes up** when you are **active** and it **goes down** when you are **resting**. **This is normal**.



Some **people always** have **high blood pressure**, **even** when **sleeping**. This is **not normal**.



High blood pressure does **not make feel** people **unwell**. People have **no signs** that their **blood pressure** is **high**.



Using a **blood pressure machine** is the **only way** people can **know** for **sure** that their **blood pressure** is **high**.



Tonight, we will be **talking** about **blood pressure** and **help Include make Easy Reads** about it.



See you **all later**!