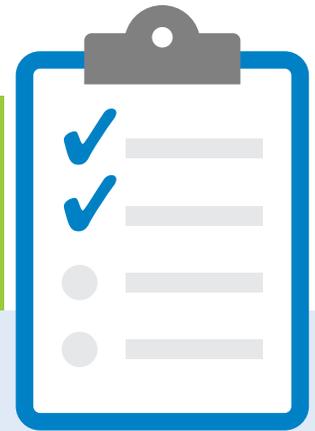


KNOW YOUR NUMBERS: Goals to Keep Your Health in Check



You know your phone number. Your social security number. Maybe even your checking account balance. But what about your blood pressure, body mass index (BMI), cholesterol, or blood glucose numbers? These numbers determine if you're at risk for heart disease, diabetes, obesity, and more. Here's what you should know about each of them, and what your recommended numbers should be.



BMI Recommended: 18.5-24.9

According to the American Heart Association,[®] a person's ideal body weight varies by gender, age, height, and frame. Body mass index (a numerical value of your weight in relation to your height), together with waist circumference, can provide a good indicator of whether you are at a healthy weight. Always consult a health professional to help screen and assess for any potential health risk factors.¹

Recommended BMI:

Between 18.5 and 24.9 kg/m²

Recommended Waist Circumference:

Smaller than 35 inches for women,
and 40 inches for men



Cholesterol Recommended: Less than 200 total

Understanding cholesterol can be tricky because there is good cholesterol (HDL) and bad cholesterol (LDL). The bad cholesterol is bad because it contributes to plaque buildup that can clog your arteries, while the good cholesterol helps to remove the bad cholesterol and may protect against heart attack and stroke.

- HDL should be 40 or higher in men and 50 or higher in women.
- LDL should be below 100 for everyone.
- Together, they should add up to no more than 200.

If your cholesterol number is high, talk to your doctor to learn how eating the right foods and exercising regularly can help bring it down. In some cases, medication may be required.²

(continued)



Blood Glucose

Recommended: 140 or less non-fasting, or 100 or less fasting

Monitoring your blood glucose—also known as blood sugar—is vital if you have been diagnosed with diabetes or as being at risk for diabetes.

A healthy blood glucose level ranges throughout the course of the day from less than 100 before breakfast to a high of 140 about two hours after meals.³ Our bodies use glucose for energy, but having too much in your system can cause health problems.



Blood Pressure

Recommended: 120 or less over 80 or less

According to the American Heart Association, high blood pressure—also known as hypertension—is a disease. While it typically doesn't show symptoms, it can have serious health consequences if left undiagnosed and untreated. The recommended range for blood pressure is 120/80—but what do those numbers mean? The first (or top) number is your systolic pressure—the peak pressure in the arteries (when your heart beats). The second number (or bottom) number is your diastolic pressure—the lowest pressure in the arteries (when your heart rests).

Together, you want them to be around 120 over 80.⁴ High blood pressure, defined as 140 over 90 or higher, can be a contributing factor in heart disease, stroke, and even kidney problems.⁵

When you know your numbers, discuss them with your doctor and learn how to make sure they're close to these healthy targets. In most cases, staying active and eating healthy foods will keep them right where you want them!



What Are My Numbers?

BMI _____ kg/m²

Total Cholesterol _____ mg/dl

Blood Glucose _____ mg/dl

Blood Pressure _____ / _____ mm HG

For more information on healthy numbers, visit the American Heart Association's website, heart.org.

Visit ahealthyme.com and be sure to sign up for an ahealthyme account!

1. cdc.gov/healthyweight/assessing/bmi/adult_bmi/

2. ahealthyme.com/Search/3,85182#sthash.3RAEJstA.dpuf

3. joslin.org/info/Goals-for-Blood-Glucose-Control.html

4. heart.org/HEARTORG/Conditions/HighBloodPressure/AboutHighBloodPressure/Understanding-Blood-Pressure-Readings_UCM_301764_Article.jsp#V0W2o740No4

5. mayoclinic.org/diseases-conditions/high-blood-pressure/in-depth/high-blood-pressure/art-20045868

