

Just how healthy are you? Know Your Numbers.

You know when your car's dashboard indicates trouble with your engine. But do you know the numbers that measure potential trouble with your health?

The following measures are like a dashboard to gauge your health:

Blood Pressure – Sometimes referred to as the “silent killer,” high blood pressure can indicate risk for heart or kidney failure, aneurysms or hardening of the arteries—even if you have no symptoms. Ideal blood pressure is lower than 120/80.

Blood Sugar – Or blood glucose, is the body's main source of energy. Keeping blood sugar levels normal (less than 100) is an effective way to prevent diabetes or reduce its complications.


Total Cholesterol – High cholesterol level means a high risk for heart disease. Ideal total cholesterol level is <200, with HDL (good) cholesterol >60 and LDL (bad) <100.

Body Mass Index (BMI) – BMI is a highly reliable measure of body fat based on your height in relation to weight. Unless you're a trained athlete with a significant percentage of muscle weight, a BMI over 25 signals overweight. A BMI over 30 indicates obesity.


Exercise Frequency and Duration – It's never too late to exercise, and every little bit helps. Even if you're not typically active, you could begin with 10 minutes of brisk walking three times per week and see a benefit.

 **CUT along dotted line and FOLD in half.** Use this card to record your numbers and track your progress.

	Ideal	My Numbers	My Numbers
Date:	Ex: 2/1/2008	/ /	/ /
Blood Pressure	< 120 / 80		
Blood Sugar	< 100		
Total Cholesterol	< 200		
HDL (Good) Cholesterol	> 60		
LDL (Bad) Cholesterol	< 100		
BMI—Body Mass Index Weight (lbs.) X 703 / height (in.) ²	18.5—25		
Waist Measurement	Men: < 40" Women: < 35"		
Exercise	30 min., 5 days a week		



know your numbers



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Based on research reported by the Centers for Disease Control; the National Institutes of Health; the Partnership for Healthy Weight Management; the National Heart, Lung and Blood Institute; and the U.S. Department of Health and Human Services.