



How Can I Monitor My Cholesterol, Blood Pressure and Weight?

High cholesterol, high blood pressure and being overweight or obese are major risk factors for heart disease and stroke. You should be tested regularly to know if you have high blood cholesterol or high blood pressure. That's because elevated cholesterol and blood pressure have no warning signs.

And you should talk to your doctor about a healthy weight for you. You can manage your blood pressure, blood cholesterol levels and weight with the tracker below. Work with a healthcare professional to determine your "goal" levels. Then ask how often to measure your levels. Record your levels and the date they were taken to track your progress.

	GOAL	Today's Date	Today's Date	Today's Date	Today's Date	Today's Date
Blood Pressure (mm Hg)						
Total Cholesterol (mg/dL)						
LDL Cholesterol (mg/dL)						
HDL Cholesterol (mg/dL)						
Weight (pounds)						

What can I do to lower my cholesterol and blood pressure?

- Eat a nutritious, well-balanced diet low in saturated fats, *trans* fats and cholesterol that includes lots of fruits, vegetables and fat-free dairy products.
- Eat no more than 6 ounces per day of cooked meat, seafood or poultry.
- Choose lean cuts of meat, trim all visible fat and throw away the fat that cooks out of the meat.
- Substitute meatless or "low-meat" main dishes for regular entrees.

- Use a minimal amount of fats and oils, usually no more than 2 to 3 servings a day depending on your caloric needs.
- Use less salt. Limit the amount of salty foods you eat.
- Limit the amount of alcohol you drink. If you're a woman, don't drink more than one drink a day. If you're a man, have no more than two drinks a day.
- Do at least 30 minutes of physical activity on most or all days of the week.
- Take your medicines as prescribed.

How can I manage my weight?

Even modest weight loss (5 to 10 percent of your body weight) can help lower your risk for heart disease and stroke. Check with your doctor before starting a program.

- Reduce the number of calories you eat.

Excess calories add excess weight.

- Do at least 30 minutes of moderate-intensity physical activity on most (preferably all) days of the week. Building up to one hour or more of daily moderate-intensity physical activity can have a significant effect on weight control.

Source: American Heart Association

For more heart healthy resources go to BannerHealth.com/Heart.